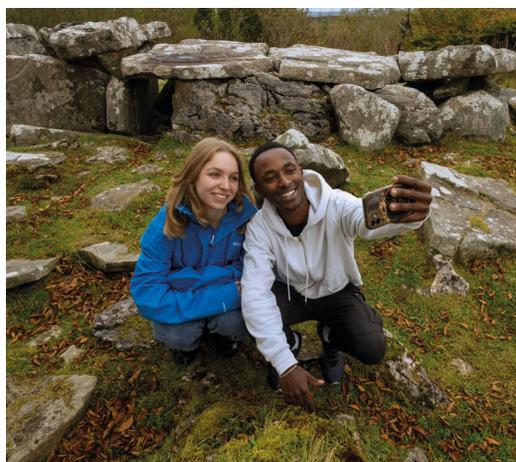




Comhairle Contae
an Chabháin
Cavan
County Council

ACTIVE CAVAN;

A Local Sport and Physical Activity Plan for Cavan
2025 - 2030





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1. Foreword

It is with great pride that we introduce *Active Cavan: A Local Sport and Physical Activity Plan for County Cavan 2025-2030*. This plan represents a significant step forward in our collective commitment to fostering a healthier, more active, and more inclusive Cavan. It aligns with national strategies and reflects the unique opportunities and challenges within our county.

Sport and physical activity are fundamental to the well-being of our communities. Beyond the obvious health benefits, they contribute to social cohesion, environmental sustainability, and economic growth. In developing this plan, we have embraced a whole-of-council approach, ensuring collaboration across departments and with key stakeholders to maximise its impact.

The plan sets out an ambitious but achievable vision: **That every person in Cavan has the opportunity to be more active, more often.** Guided by this purpose, we have identified three strategic themes that will drive our efforts:

- **Active People and Communities**
- **Active Spaces and Places**
- **Active Communications and Partnerships**

Each theme is underpinned by strategic priorities and a series of headline actions designed to remove barriers, increase participation, and maximise our resources.

A cornerstone of this strategy is the ongoing leadership of *Cavan Sports Partnership*, which has been instrumental in promoting sport and physical activity across the county. Supported by *Sport Ireland*, the partnership continues to play a vital role in delivering innovative programs, enhancing accessibility, and fostering inclusivity. Its expertise and dedication remain essential to the successful implementation of this plan. Equally important is the commitment of all council departments to this whole-of-council approach. Collaboration across planning, housing, climate action, active travel, community development, and other partners is essential to achieving the goals of the strategy. Together, we are working to ensure that sport and physical activity become integral to the daily lives of people in Cavan, supported by enhanced infrastructure, targeted programs, and effective communication.



“We invite all residents, organisations, and stakeholders to join us in making Cavan a leading example of an active county.”

Active Cavan: A Local Sport and Physical Activity Plan for County Cavan 2025-2030 has been shaped by extensive consultation with residents and stakeholders. Their insights have helped us understand the unique needs of our communities, enabling us to create a plan that is inclusive, innovative, and rooted in sustainability. Importantly, the plan emphasises supporting those who face the greatest challenges in accessing sport and physical activity opportunities, ensuring equity in its delivery.

We are particularly motivated by our commitment to enhancing facilities and infrastructure, enhancing accessibility, and fostering partnerships to deliver impactful programs. From the development of the Cavan Regional Sports Campus to initiatives targeting active travel and outdoor recreation, this plan lays the groundwork for a vibrant and active future for all.

Delivering this plan will require continued collaboration, innovation, and investment. We are confident that, with the dedication of our staff, *Cavan Sports Partnership, Sport Ireland*, partners, and communities, we can achieve the ambitious goals set out within. We invite all residents, organisations, and stakeholders to join us in making Cavan a leading example of an active county.



Cllr TP O'Reilly
Cathaoirleach
Cavan County Council



Eoin Doyle
Chief Executive
Cavan County Council



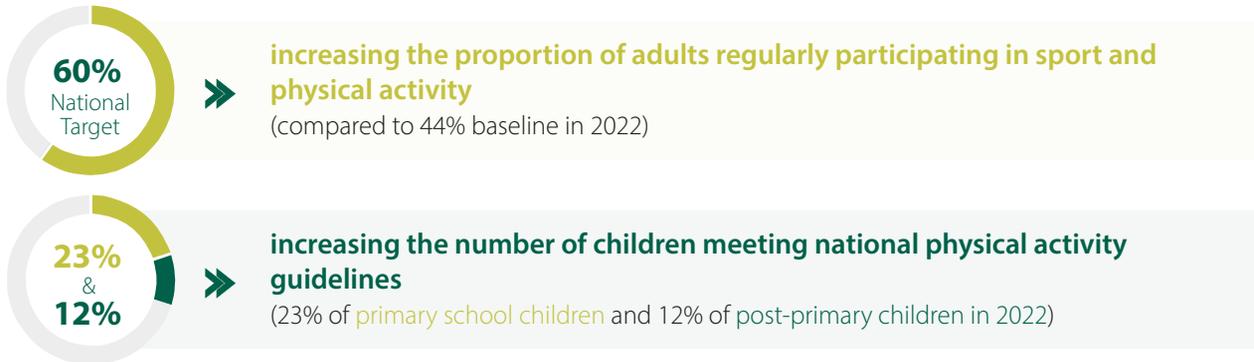


2. Introduction

“This plan aims to promote a more collaborative, *inclusive* and *holistic* approach to sport and physical activity across the County.”

This document outlines the **Local Sport and Physical Activity Plan for Cavan County for 2025-2030**. By developing and launching this plan, we are fulfilling our commitments under Action 8 of the National Sports Policy, adopting a comprehensive council-wide approach to promoting and facilitating increased physical activity across the County for everyone. We recognise the wide-ranging benefits of regular participation in sport and physical activity, such as improved physical and mental health, enhanced social connectedness, and positive impacts on the economy, climate action, and community regeneration. These align with our broader council objectives outlined in our *Corporate Plan 2019-2024*.

This plan demonstrates our local approach and commitment to:



We understand that participation varies for different individuals, so while we maintain a focus on sports participation, this plan also encompasses various forms of physical activity, including walking, cycling, dancing, gardening, gym workouts, and team-based or competitive sports.

With the overarching goal that “every person in Cavan has the opportunity to be more active, more often,” and leveraging our existing investments and resources, such as facilities, natural assets, and dedicated staff, this plan aims to promote a more collaborative, inclusive and holistic approach to sport and physical activity across the County. Our commitment to fostering an active lifestyle includes planning, providing, and managing public open spaces and sports facilities, offering grant funding support, and partnering with key stakeholders. This document should be considered alongside our *County Development Plan 2022-2028*, our *Local Economic and Community Plan* and relevant Cavan County Council policies. While the plan addresses some aspects of infrastructure and facility provision, it does so mainly in the context of increasing participation in sport and all types of physical activity. The *Cavan County Development Plan 2022-2028* remains the primary reference for physical infrastructure and facility provision in the county.

Our ambitions for sport and physical activity in the County are encapsulated in three strategic themes, brought to life by 49 strategic actions, creating an ambitious plan with a defined roadmap towards achievement.

3. Setting the plan in Context

NATIONAL POLICY ALIGNMENT





NATIONAL POLICY ALIGNMENT

1



Programme for Government: Our Shared Future:

The Programme shapes the Government's direction until 2025 for Sport and Physical Activity nationally: Mission 'Universal Health Care' seeks to promote physical exercise among all sections of society to stimulate long-term health benefits and Mission 'Building Stronger and Safer Communities' commits the government to promoting personal health, wellbeing, and physical activity. Finally, Mission 'A Better Quality of Life for All' seeks to promote sustainable modes of transport and active travel for their role in environmental sustainability.

2



Project Ireland 2040 National Planning Framework and the National Development Plan 2021-2030:

Project Ireland 2040 is the Government's high-level strategic plan for shaping the future growth and development of Ireland until 2040. Our Sport and Physical Activity Plan for Cavan aligns with Project Ireland 2040's commitments to enhance sports facilities in Ireland and to improve air quality and create a clean environment for a healthy society; the growth of active travel opportunities in Cavan will support progress towards this objective.

NATIONAL POLICY ALIGNMENT

3



National Development Plan 2021-2030:

The National Development Plan sets enhancing sports facilities throughout Ireland as a strategic investment priority and sets specific environmental goals focused on the improvement of air quality and a reduction in greenhouse gas emissions; again, the growth of active travel opportunities in Cavan will support progress towards this goal.

4



Climate Action Plan 2023 (CAP2023)

The growth in active travel opportunities in Cavan through this strategy will support the achievement of the Climate Action Plan's goals for a 50% increase in daily active travel journeys by 2030 and a 25% reduction in daily car journeys.

5



National Sustainable Movement Policy

In increasing opportunities for active travel the Cavan County Council Local Sport and Physical Activity Plan 2025-2030 is innately synergised with the purpose of the National Sustainable Movement Policy and its targets for at least 500,000 additional daily active travel and public transport journeys and a 10% reduction in kilometres driven by fossil fuelled cars by 2030.

6



NTA Active Travel Programme

The work of the NTA's Active Travel Programme is underpinned by the aims and objectives set out in the Government's Climate Action Plan 2023, with a goal to increase the level of walking, cycling and public transport so that these methods of transport will account for 50% of all journeys made by 2030. Projects funded under this Programme are delivered by Local Authorities, evidencing cross-organisational and cross-sectoral synergy with the Cavan County Council Local Sport and Physical Activity Plan 2025-2030.

NATIONAL SPORT POLICY ALIGNMENT

1



National Sports Policy 2018-2027:

The National Sports Policy is foundational for our Sport and Physical Activity Plan. The National Sports Policy asks Local Authorities to develop 'local sports plans' which review needs and set out actions to increase participation locally. Our Sport and Physical Activity Plan for Cavan delivers on this ask.

2



Sport Ireland Participation Plan 2021-2024:

The Plan has a clear focus on those who have traditionally had fewer opportunities to take part in sport and physical activity and reinforces the importance of developing active places and whole system and community approaches to promoting developing sport and physical activity. These concepts are key to our new Sport and Physical Activity Plan for Cavan.

3



National Physical Activity Plan:

The overarching target of the Plan is to increase the proportion of the population undertaking regular physical activity by 1% per annum, with the aim being that Irish people will better understand physical activity's health benefits and learn how to be more active in their daily lives. Our Sports and Physical Activity plan synergises strongly with this and will contribute to the achievement of the Plan's goals.

NATIONAL HEALTH POLICY ALIGNMENT

1



Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025:

Healthy Ireland takes a "whole of government" and "whole of society" approach to tackling the issues which lead to negative health outcomes. The Framework offers six priority areas of work, two of which offer clear synergy with our Sport and Physical Activity Plan for Cavan: 1) physical activity; and 2) spaces and places for health and wellbeing.

2



Sharing the Vision: A Mental Health Policy for Everyone:

The Policy aims to create positive mental health and wellbeing amongst the Irish population. Our Sport and Physical Activity Plan for Cavan will contribute to this Policy's objectives as the links between mental health and physical activity are well established. The provision of a range of physical activity opportunities will promote mental resilience.

ALIGNING TO LOCAL AND REGIONAL STRATEGY AND POLICY

This Cavan Local Sport and Physical Activity plan has been created with the wellbeing of local communities front and centre, the plan is set against the backdrop of local priorities, and considers the aims and objectives set out in key strategies for Cavan county.

1



Northern and Western Regional Spatial and Economic Strategy:

The Northern and Western Regional Spatial and Economic Strategy highlights Cavan Town as a regional hub for investment, housing, jobs, and education, with plans for a regional multi-sports facility.

2



Cavan County Council Development Plan 2022-2028:

The Cavan County Council Development Plan 2022-2028 focuses on integrating public health policies with planning, promoting walking and cycling, and developing sports and recreational amenities in Cavan Town.

3



Cavan County Council Local Economic and Community Plan 2024-2029:

The Cavan County Council Local Economic and Community Plan 2024-2029 aims for sustainable community growth, economic diversification, and social inclusion, particularly for marginalized groups, by creating social spaces, supporting volunteerism, and enhancing physical and mental wellbeing.

Northern and Western Regional Spatial and Economic Strategy:

The Northern and Western Regional Spatial and Economic Strategy outlines how “Cavan Town performs a regional function, being the largest town within the Cavan/Monaghan/Leitrim subregion and being the town which experienced the largest growth within the past 10 years.” It has strategic facilities such as an acute hospital, Cavan Institute, Local Authority Headquarters, Agricultural College, Cathedrals and Sports Stadium. The Cavan Institute provides a range of Level 5 (Certificate) and Level 6 (Advanced/Higher Certificate) courses in the fields of accountancy, architectural design and technology, digital marketing, software development and animal care.

Cavan is well positioned to deliver the principal strategic function within the sub-region in terms of housing, job delivery and education.” A number of key priorities have been identified in the RSES for Cavan Town, including:

- **Promote Cavan Town as an attractive investment location for the County, utilising Cavan County Economic Forum and building upon the towns proven track record as an excellent investment location, which is aided by the IDA business park in the town.**
- **Develop a regional standard multi-sports facility to service the current and future needs of the town and wider county.**

Cavan County Council Development Plan 2022-2028¹:

- NPO 26 Support the objectives of public health policy including Healthy Ireland and the National Physical Activity Plan, though integrating such policies, where appropriate and at the applicable scale, with planning policy.
- NPO 27 Ensure the integration of safe and convenient alternatives to the car into the design of our communities, by prioritising walking and cycling accessibility to both existing and proposed developments and integrating physical activity facilities for all ages.
- CSC 05 Support the delivery of the Sports Campus on zoned land in Cavan Town.
- CSC 06 Support the provision of social and recreational amenities in Cavan town to address gaps in these important Community facilities.
- CSC 08 Promote cycling and walking within the community through the implementation of improved walking/cycling infrastructure within the Town and its hinterlands and at areas of interest and attractions.

Cavan County Council Local Economic and Community Plan 2024-2029:

The LECP is a statutory plan that sets out high-level goals, objectives and actions needed to promote and support economic development and local and community development for the County.

Community:

- **Providing quality of life through compact and sustainable growth of settlements, associated services and amenities.**
- **Strengthening local communities to help reverse and address rural decline.**

¹<https://www.cavancoco.ie/file-library/planning/development-plans/development-plan-2022-2028/?pageNumber=2>

ALIGNING TO LOCAL AND REGIONAL STRATEGY AND POLICY

Cavan County Council Local Economic and Community Plan 2024-2029:

Community (continued):

- **Capitalising on Cavan's existing quality of life, natural amenities and cultural heritage to galvanise its strengths as a place to live and work.**
- **Ensuring the revitalisation of town and village centres to create vibrant settlements across the County.**

Economic:

- **Generating economic growth and diversification of local and regional economies, including through supporting SME and microbusiness creation.**
- **Advancing development of infrastructure to support emerging employment sectors and to embrace new ways of remote and flexible working.**
- **Encouraging population growth in settlements of all sizes, supported by job creation and enhanced employment opportunities.**

Social Inclusion and Wellbeing:

- **Developing opportunities that support social inclusion and promote the active participation of all people especially the marginalised in the social life of the community.**
- **Creating indoor and outdoor space in appropriate locations to provide young people a place to affordably socialise (including spaces for people with mobility and/or learning difficulties or sensory issues).**
- **Similarly, developing spaces for the county's older population to socialise and meet.**
- **Supporting the Volunteering Sector in the county to grow its capacity and place volunteering at the heart of community engagement.**
- **Supporting efforts to increase the physical activity and recreation levels within the county including the work of the Cavan Sports Partnership, developing the Local Sports Plan, along with the development of Cavan Regional Sports Campus.**
- **Improving the physical and mental wellbeing of all the people of Cavan.**



4. Case Studies

“During today’s walk, I spoke to several council staff who said this simple, fun programme had helped them develop new, healthier travel habits, which meant less time on the couch and less time behind the wheel of a car. Taking part in Smarter Travel is a great way for organisations to help boost your employees’ health while making a difference in reducing carbon emissions in your community.”

- Cllr TP O’Reilly
Walktober Event 2024



‘WALKTOBER’

As part of Cavan County Council’s efforts to promote Smarter Travel amongst its own workforce, staff participated in the ‘Walktober’ challenge for October. To mark the end of the campaign and to highlight the benefits of Smarter Travel initiatives, council staff took part in a Walktober lunchtime walk on Tuesday, 29th October 2024, joined by Cathaoirleach of Cavan County Council, Cllr TP O’Reilly.

Cllr O’Reilly hailed the efforts of Cavan County Council’s Active Travel unit in promoting Smarter Travel initiatives and encouraged local employers to follow in the council’s footsteps.



THE KILLYKEEN WAY GREENWAY

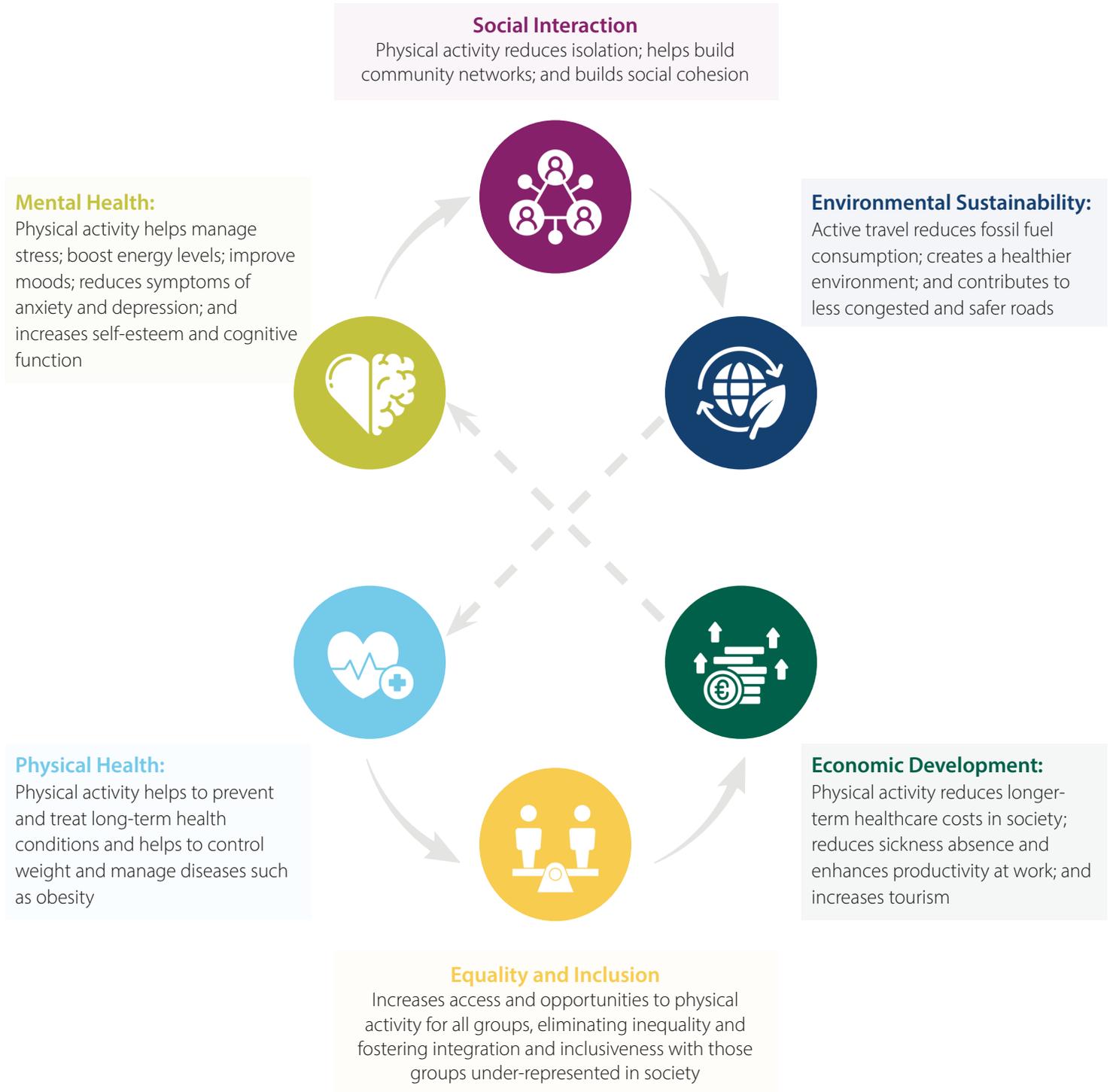
The 12km ‘Killykeen Way’ walking and cycle trail, links the village of Killeshandra with Killykeen Forest Park and was first developed in 2019. The trail has seen continuous improvement and extensions over the past five years. 2.5km of the trail is of a high spec and suitable for buggies and wheelchairs.

Over €380,000 has been spent on the project with a further €200,000 committed in 2023. Funding was received from the Department of Rural and Community Development under the Outdoor Recreation Infrastructure Scheme. Additional match funding was provided by Cavan County Council.

5. Why is a local sports plan important?

THE CROSS CUTTING IMPACT OF SPORT AND PHYSICAL ACTIVITY

Research²³⁴⁵ proves that participation in sport, physical activity and recreation brings significant positive impacts to people, communities, the environment and the economy.



²Mental Health - <https://paahjournal.com/articles/10.5334/paah.127/>

³Social Interaction - <https://assets.gov.ie/7563/23f51643fd1d4ad7abf529e58c8d8041.pdf>

⁴Equality & Inclusion - https://www.sportireland.ie/sites/default/files/2019-11/wis_policy.pdf

⁵Environmental Sustainability - 9789241514187-eng.pdf (who.int)

THE ECONOMIC IMPACT OF SPORT AND PHYSICAL ACTIVITY

In 2021, Sport Ireland commissioned the Sheffield Hallam University's Sport Industry Research Centre (SIRC)⁶ to carry out research on the value of Sport in Ireland. The research looked at both the economic impact of sport in Ireland, including a valuation of sport volunteering, as well as the health impact of participation in sport and physical activity in Ireland. The report demonstrates that sport and physical activity has a measurable and substantial impact on the physical and mental health of participants in Ireland who achieve the National Physical Activity Guidelines (150+ minutes per week). The report also demonstrates the importance of sport and physical activity to the Irish economy, in generating and sustaining jobs and output.

- Participation in sport and physical activity prevents nearly **100,000 cases of disease** annually, generating savings to the Government of nearly **€0.4bn**
- Sport-related jobs accounted for **2.8%** of all Irish employment in 2018

SPORT, PHYSICAL ACTIVITY AND SUSTAINABLE DEVELOPMENT

All 193 United Nations (UN) members adopted the 2030 Agenda for Sustainable Development (the 2030 Agenda) in September 2015. The 2030 Agenda lays forth a plan for achieving a more sustainable, prosperous, and peaceful future for everybody by the year 2030. The 17 Sustainable Development Goals (SDGs) that comprise this framework address the environmental, social, and economic conditions necessary for a sustainable future. Investing in a more active society by encouraging sports, cycling, walking, and active play can help achieve a number of the Sustainable Development Goals (SDGs) for 2030. The Cavan County Council has committed itself entirely to promoting Active Lifestyles for everyone in Cavan through the SDGs and this strategy.

SUSTAINABLE DEVELOPMENT GOALS



⁶<https://www.sportireland.ie/news/benefits-of-sport-on-irish-society-and-economy-confirmed-by-new-study>

SPORT AND PHYSICAL ACTIVITY PARTICIPATION IN IRELAND

According to the ISM (Irish Sports Monitor Mid-Year Report) (2023) and the most recent CSPPA (Children's Sport Participation and Physical Activity) Study (2022):



Irish adults are classified as **'Highly Active'** (considered to be meeting the National Physical Activity Guidelines). An increase of 2% on the 2022 figure (37%).



Irish adults are classified as **'Inactive'** (did not participate in any activity during the past 7 days). With a Disability (21%), without (9%). Both were broadly unchanged since 2019



Irish adults are **regularly playing sport**. A key aim of the National Sports Policy in Ireland is that 60% of adults regularly playing sport by 2027



Post Primary (12%) and Primary (23%) aged children **met the National Physical Activity Guidelines** of at least 60 minutes of moderate-to-vigorous physical activity every day (2022)

The ISM 2023 report continues from the ISM 2022 annual report, which highlighted a recovery in participation levels in the wake of a decline during the COVID-19 pandemic period. For the first time since the COVID-19 pandemic, sports participation rates have exceeded those measured in 2019 (46%). Individual sports and activities such as walking, running and cycling experienced unprecedented growth; contrastingly indoor and team-based sports and activities experienced decline. Overall, the proportion of Irish adults meeting the National Physical Activity guidelines is now stabilising, with work still needed to restore club membership and volunteering to pre-pandemic levels. The recent Irish Sports Monitor Research highlights how the changes in participation impacted people differently. For example:

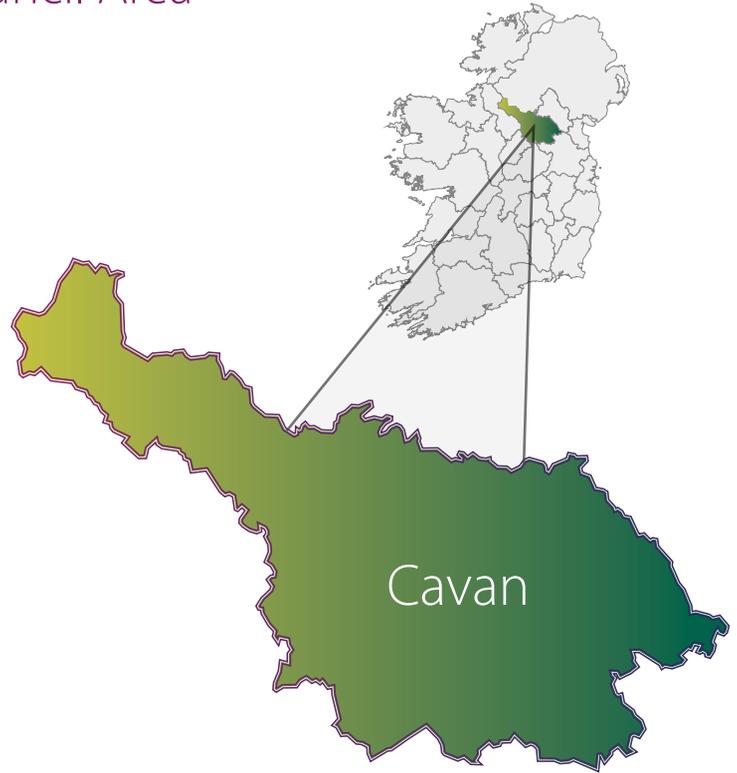
- **Whilst the gender gap for sports participation narrowed to 3% (2.9) in 2023 compared to 5% in 2022. This brings encouraging news with the gender gap dropping below 3% (2.9) for the first time since 2019 (3%)**
- **Sports participation levels increased in both socio-economic groups over 2023 (ABC1s 57%, C2DEs 38%). However, a slightly larger increase in the C2DE category led to a narrowed socioeconomic gap (19%). The existing 19% socio-economic gap was lower than at any point since the pandemic, and much lower than the 34% gap measured in 2017.**
- **There remain gaps in participation, due to age and socioeconomic status. Strikingly, Irish Sports Monitor results reveal a 20% gap in sports participation between individuals with disabilities and those without.**



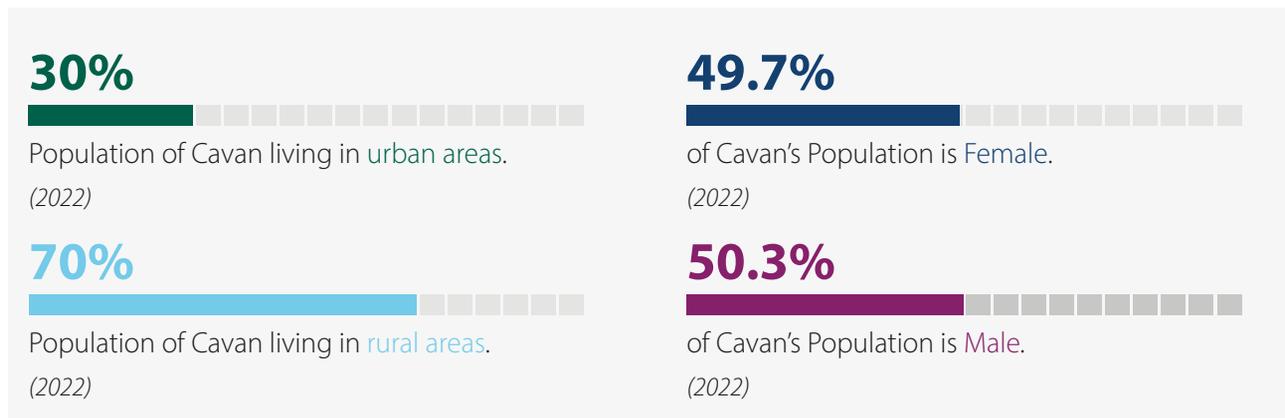
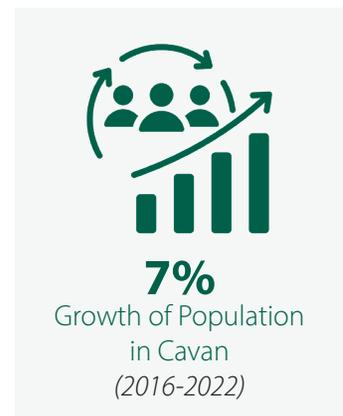
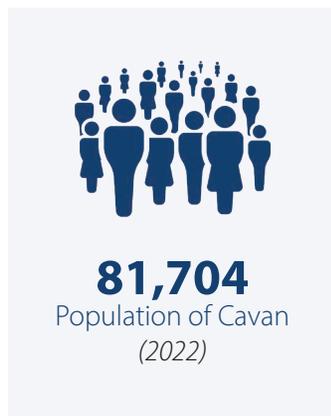
6. About Cavan County Council Area

ABOUT CAVAN COUNTY

- Cavan forms part of the province of **Ulster**
- Cavan is landlocked, bordered by County Fermanagh, Leitrim, Monaghan, Meath, Longford and Westmeath
- Cavan spans an area of **1,932 km²** making it the 10th largest county in Ireland
- The County is comprised of three municipal districts: Bailieborough-Cootehill, Ballyjamesduff, and Cavan-Belturbet
- Cavan's landscape is characterised by its iconic network of over **365 lakes**



THE PEOPLE



KEY INSIGHTS ABOUT CAVAN COUNTY COUNCIL AREA



Cavan's average age is comparable to the State⁷

The average age in Cavan is 38.5 years, comparable to 38.8 for the state. The number of people aged 65 and over increased by 19% between 2016 and 2022, lower than the State increase (22%). Cavan has a higher youth dependency ratio (37.8%) than the national average (30.1%) and a higher proportion of the population aged 0-18 (27.5% in Cavan vs 24.9% nationally).



Cavan's deprivation level is marginally below average (-3.99)⁸

22.5% of Cavan's 89 electoral areas are considered 'marginally above average', 67.4% are considered 'marginally below average' and 10.1% are considered 'disadvantaged' in terms of deprivation level. None are considered affluent. Some of the most disadvantaged areas in Cavan include Cavan Urban (-16.93), Derrylahan (-16.80), and Pedra Vohers/Tircahan (-16.58).



Cavan has similar levels of employment to State levels

In 2022, 35,400 (55.9%) of Cavan's working age population were in employment; comparable to the national average (56.1%). Unemployment dropped from 15% in 2016 to 9% in 2022, this aligns with the State falling from 13% to 8% in the same period. Belturbet has the highest unemployment rates in the country at 11%.



Cavan has lower levels of educational attainment than State

13% of County Cavan residents over 15 have either no formal education or only primary-level education; this is slightly higher than the national figure of 10.5%. 38% of Cavan's population aged 15 and over have achieved a third-level education, significantly below the national rate of 48%.



Cavan has a higher population of Irish nationals than State

The breakdown of population in Cavan shows that 88% are Irish citizens, 2% are UK citizens, 4.7% are citizens of other EU countries and 2.7% are citizens from the rest of the world. Cavan has a larger proportion of population from white Irish and other white backgrounds population than the rest of the State.



Cavan has a similar self-reported health profile to the State

In 2022, 84% of the population of Cavan stated that they were in very good or good health, higher than the State (83%). 4.7% of the Cavan population cannot work due to permanent sickness or disability, a comparable rate to the State at 4.6%.

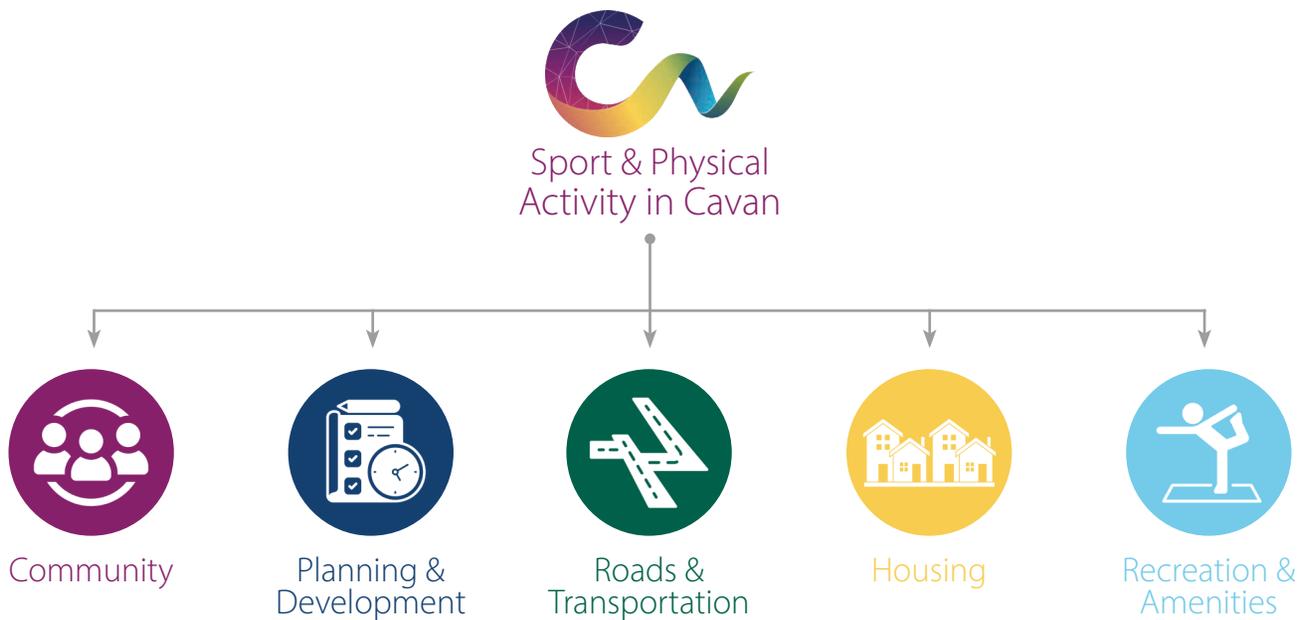
⁷<https://www.cso.ie/en/csolatest/releases/2022/>

⁸Pobal HP Index, 2022

7. Sport and Physical Activity in Cavan

A WHOLE COUNCIL APPROACH

This plan reflects a whole council approach to supporting sport and physical activity participation, where all relevant departments and directorates play a proactive and collaborative role in removing barriers and enhancing opportunities for people in Cavan to lead more active lifestyles.



- Community**
- Healthy Cavan
 - Cavan Sports Partnership
 - Sláintecare Healthy Communities
 - Town and village renewal & revitalisation
 - Town Centre First
 - Community facilities
 - Cavan Public Participation Network
 - Social inclusion
 - Community initiatives & programmes
 - Community grants

- Planning & Development**
- Construction of 9km of cycling facilities & 13km of footpaths
 - Cavan Regional Sports Campus
 - Community development and participation
 - Zoning of appropriate areas

- Roads & Transportation**
- Active travel
 - Road safety
 - Development of greenways
 - Transportation strategy

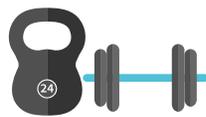
- Roads & Transportation**
- Development of housing through regeneration funds, Part V, direct public funding and public, private partnership

- Recreation & Amenities**
- Development of regional multi-sports facility, playgrounds and multi-use games area
 - Maintenance of public areas
 - Operation, maintenance and improvement of outdoor leisure areas
 - Community sport and recreational development
 - Water safety



OUR FACILITIES AND SPACES

There are a wide range of facilities and spaces for sport and physical activity. Such facilities are available for use across the county, some of which are council owned and maintained while some are not. This provides a strong baseline for our sport and physical activity plan.



- 52** Grass Pitches
- 12** Astro Pitches
- 30** Outdoor Walking facilities
- 7** Forest/Woodland walks
- 3** Inland Water areas
- 32** Children's Outdoor Play facilities
- 6** Outdoor gym/Workout facilities
- 2** Outdoor Basketball/Soccer parks
- 6** Inland Angling/Fishing/ Swimming areas
- 41** Outdoor Gaelic Football facilities
- 6** LGFA Outdoor facilities
- 5** Camogie Outdoor facilities
- 2** Outdoor Athletics facilities

- 1** Indoor Athletics facility
- 1** Handball facilities
- 8** Canoe/Kayaking/Paddling facilities
- 1** Cycling facilities
- 4** Horse sport
- 7** Golf facilities
- 2** Indoor Swimming
- 1** Indoor Basketball facilities
- 5** Group Fitness/Gym facilities
- 2** Rugby League/Union facilities (Indoor)
- 5** Football/Soccer facilities
- 2** Tennis facilities (7 courts)

339 clubs and physical activity groups are registered in County Cavan under the Cavan Sports Partnership club database. The most common sports and physical activity clubs are:



GAA



Basketball



Swimming



Football/Soccer



Golf



Rugby



Tennis



Triathlon



Canoeing/Kayak



Badminton



CAVAN
Sports Partnership
Comhpháirtíocht Spóirt an Chabháin
— SPÓRT ÉIREANN —

CAVAN SPORTS PARTNERSHIP⁹

Sport Ireland has recognised Local Sports Partnerships (LSPs) as an effective mechanism for delivering sport and physical activity opportunities to local communities. In this context, Cavan Sports Partnership (CSP) operates as a sub-structure of Cavan County Council, guided by key stakeholders and influencers who are dedicated to promoting sport and physical activity across the county.

Working under the guidance of Sport Ireland, CSP seeks to shift culture so that sport and physical activity is valued within the community and change behaviour so that more people engage in sport and physical activity throughout their lives. To do this, CSP

- **Creates and implements long-term plans for local sports development.**
- **Establishes sustainable structures to assist all those involved in local sports development to face the associated challenges.**
- **Designs and delivers targeted projects and programmes, particularly for disadvantaged groups.**
- **Establishing networks at local level and liaising with existing initiatives.**

⁹http://www.cavansportspartnership.ie/Default.aspx?StructureID_str=29

CAVAN SPORTS PARTNERSHIP

The key role of the Local Sports Partnerships was and is to increase participation in sport by creating sustainable structures for people to become involved at a level of their choosing, regardless of their ability, gender or background. Key LSP functions include:

- **Information** - establish a consultative forum, initiate research, compile a sports directory and database, and identify needs and resources to form the basis of local planning
- **Education** - provide quality opportunities for education and training at local level, provide training courses targeting volunteers, and provide access to sport specific courses through the national governing bodies (NGBs) of sport
- **Implementation** - develop a strategic plan for local sport, appoint a professional administrator, secure related support services, select participation programmes for LSPs modified to suit local needs, increase the impact of national programmes delivered locally, market and promote sport

Active collaboration with external partners, both within and beyond county borders, is fundamental to CSP's success. Targeted stakeholders include:

- **Local sports clubs and communities.**
- **National Governing Bodies of Sport.**
- **Statutory agencies.**
- **Sports providers, including coaches and trainers.**
- **Networks representing target groups.**
- **Volunteers and the wider community.**

Cavan Sports Partnership is overseen by an Advisory Committee and is supported by two primary funding streams: Core Funding: used for operational needs, including staffing and administrative functions and Programme Funding: directed towards developing innovative local initiatives and delivering high-priority, targeted programs.

The development of the Cavan Local Sport and Physical Activity Plan changes the landscape for CSP. The whole council approach increases responsibility and accountability for sport and physical activity however CSP will be a key delivery agent within the plan, building on its successful track record, achievements, skills, resources and capacity. CSP's strategic plan will now be embedded in and aligned to the broader sport and physical activity plan for the local authority.

The CSP Committee will continue to play a key advisory role in the delivery of the Local Sport and Physical Activity Plan for Cavan. The committee will provide a representative voice from across the sport and physical activity sector, helping to identify local needs and priorities that shape the development of an annual operational plan aligned to the themes and objectives in this plan. The committee will provide scrutiny, accountability and oversight, ensuring that Cavan LSP retains strong connection with and alignment to the core aims and objectives of the Local Sports Partnership Network and its core funder Sport Ireland.

CAVAN SPORTS PARTNERSHIP HIGHLIGHTS 2024



12,149

People participated in locally delivered participation initiatives countywide

397

Initiatives rolled out countywide in 2024

24

Sports and Physical Activity types to choose from for all.

4,011
Children and young people participated in CSP programmes. Wibbly wobbly balance bike programme for preschool, Multisport for primary and HERmoves and co-funded sport programmes.

618
People with a disability participated in variety of activities and sports

845
People participated in **community** targeted programmes such as Couch to 5k, Bailieborough urban adventure hub

585
Participants took part in initiatives targeting **Older adults 50+**

183
People supported through a variety of **Training & Education** courses: Safeguarding, Sports first aid, Basketball, Volleyball, PALs, lifeguard, badminton and FAI

WHO WE TARGET

- DISADVANTAGED AREAS
- YOUNG PEOPLE
- WOMEN & GIRLS
- OLDER ADULTS
- PEOPLE WITH A DISABILITY
- ETHNIC MINORITIES

Flagship campaigns over the year included: Cavan Gets Moving, Women in sport week, Bike Week, Her Outdoors and European Week of Sport.
Special events included Embrace your Space at Annagh Lake, HerMoves Festival, Community events, Badminton, FAI & Swim Ireland events.

€343,251

Core funding received

€153,200

Other funding: Sport Ireland additional, Dormant accounts, HSE, Healthy Cavan, Age& Opp, Bike week

€168,750

Infrastructure: Outdoor swim, Participation nation fund, *SIDP DA

184,225 ↗

Social media reach
75% visits to our Facebook

7,298 ↗

Facebook Followers
of 1,000





8. Developing the Plan

The strategic planning process involved significant engagement with stakeholders over a 6-month consultative period.

The strategic planning process commenced with a review of the current approach to sport and physical activity in Cavan County Council and early visioning of the new strategy. A period of online and in-person consultation took place including surveys, 1-1 meetings and facilitated workshops, followed by strategic planning and sounding board workshops with Cavan County Council representatives and key stakeholder organisations to refine the vision, strategic themes and headline actions and to develop draft and final documents.

The consultation process included passionate and forthright contributions from stakeholders about where we need to go and what we need to do to enhance our participation in sport and physical activity over the next 6 years.



205

Number of survey responses received from residents across County Cavan



227

Number of survey responses received from Children and young people



28

Number of stakeholder organisations responding to an online survey



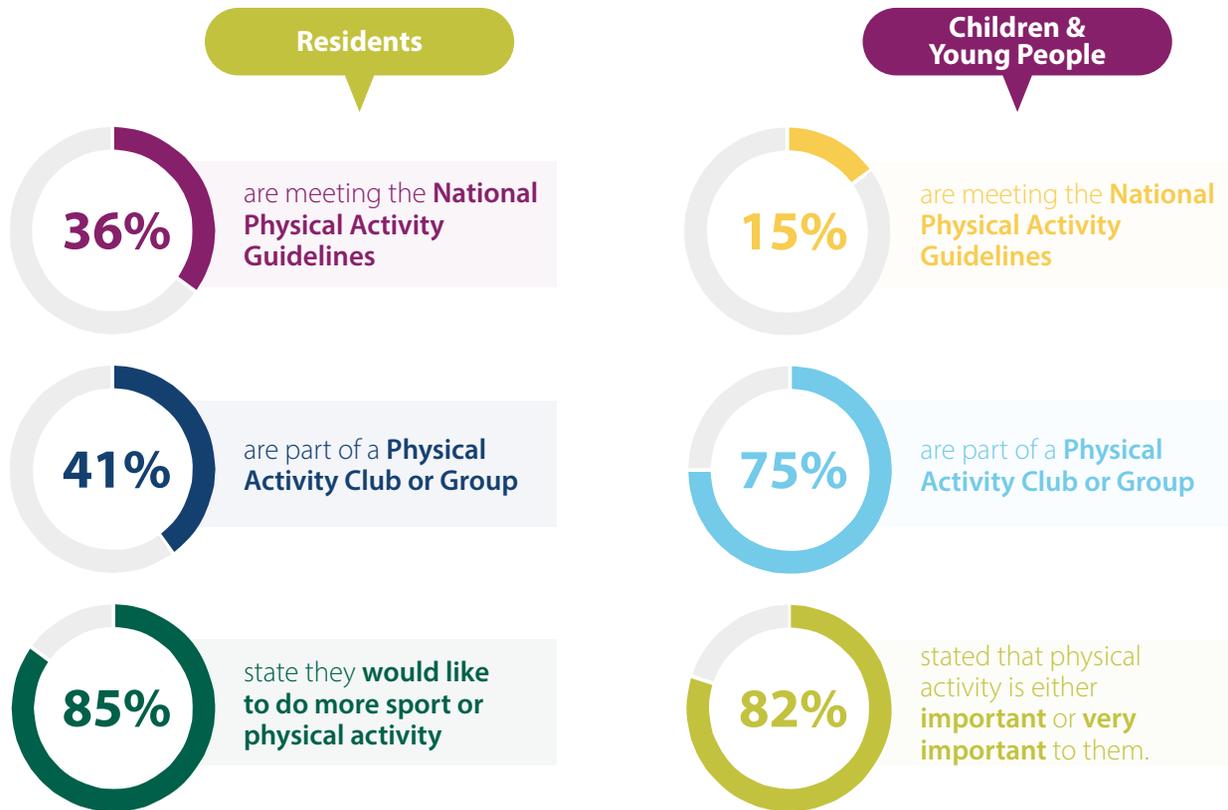
32

Number of stakeholder attending facilitated workshops

The following section provides a high-level summary of the key insights from the consultation process. These have directly shaped and informed the development of the Cavan Local Sport and Physical Activity Plan.

9. Key Insights

PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY



OPPORTUNITIES TO BE ACTIVE IN CAVAN

5.5/10

Residents' average rating of opportunities to participate in **sport, physical activity and recreation in Cavan**

(1 = Poor, 10 = Excellent)

28%

Children & Young People stated that it is **'Very Easy'** for them to be physically active where they live

7.5/10

Stakeholders' average rating of opportunities to participate in **sport, physical activity and recreation in Cavan**

(1 = Poor, 10 = Excellent)



POPULAR PLACES FOR SPORT AND PHYSICAL ACTIVITY

The top five places where sports, and physical activity takes place in Cavan are:



On roads, footpaths or cycle paths



In the Gym



At Home



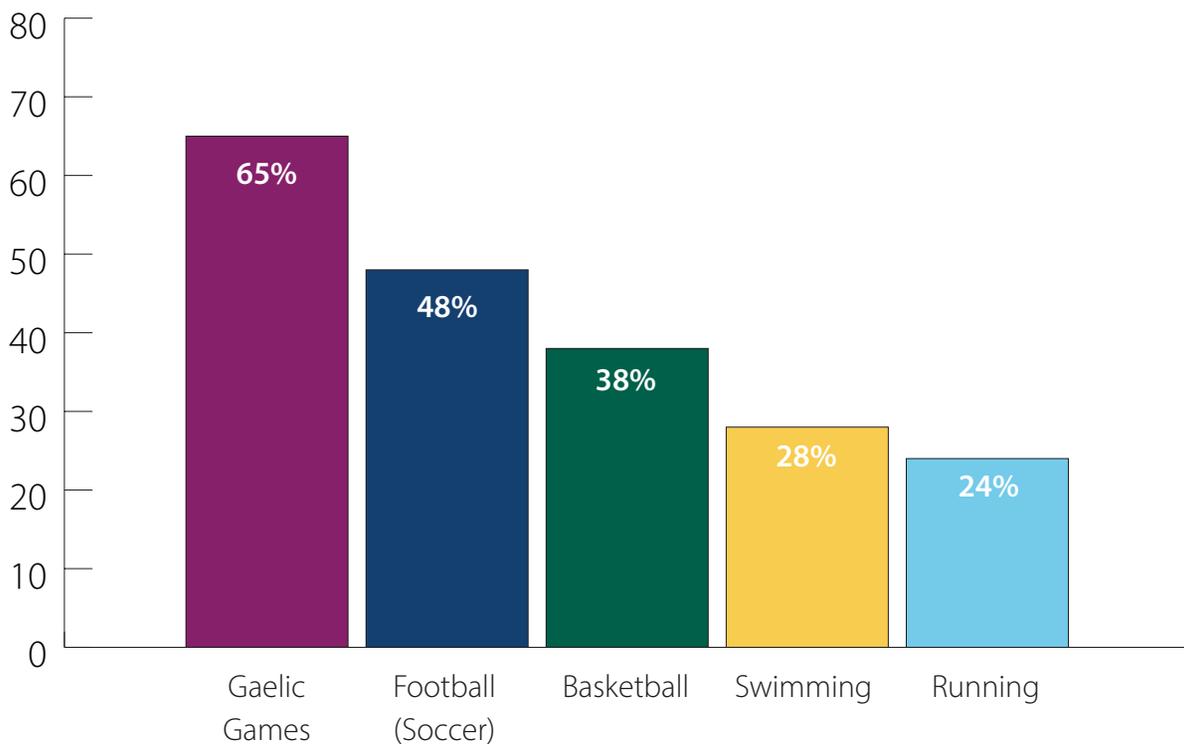
On greenways and blueways



On a sports pitch

MOST POPULAR SPORTS AND PHYSICAL ACTIVITIES

The most popular sports and activities according to children and young people are:



MOTIVATION FOR SPORT AND PHYSICAL ACTIVITY

The top 3 reasons why resident respondents participate in sport and physical activity are:

92%

Improve health and fitness

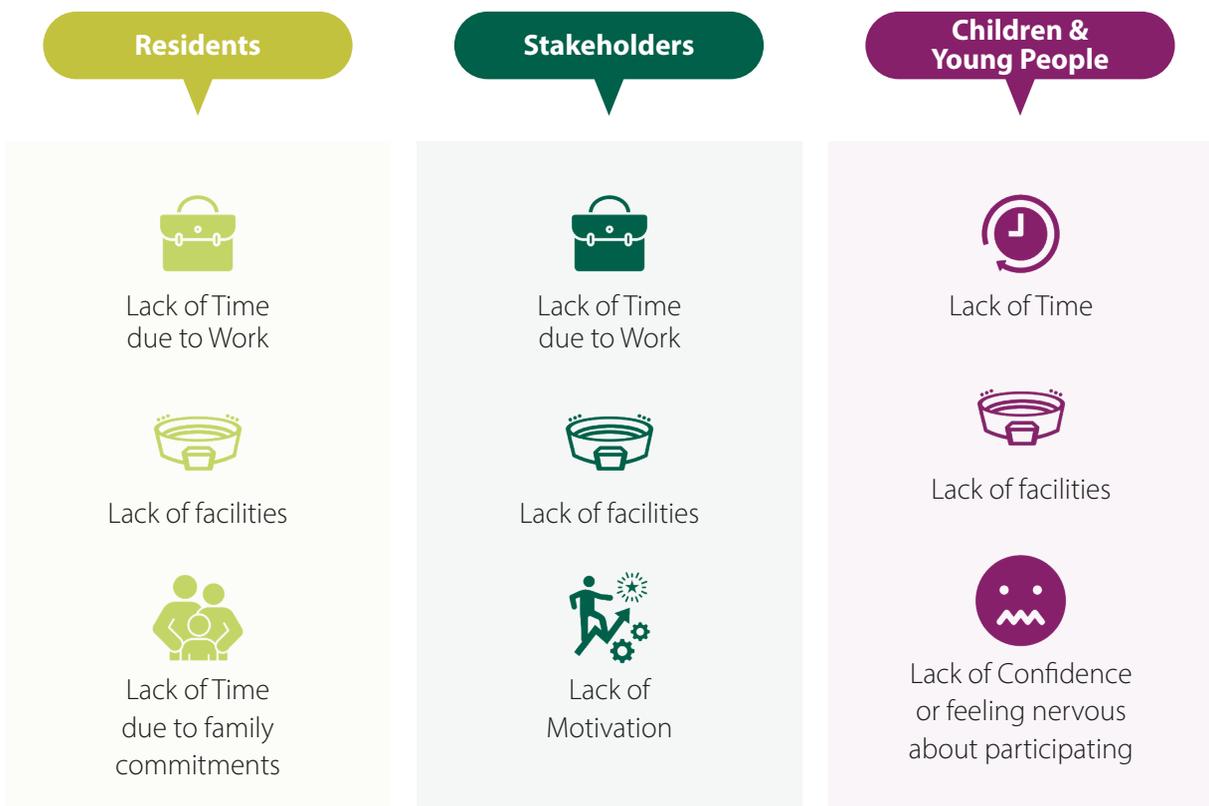
50%

Control Weight

75%

Improve mental health and wellbeing

BARRIERS TO SPORT AND PHYSICAL ACTIVITY



IMPROVING PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY

Residents

- **Developing and improving facilities**
- **Reducing the cost of participating in sport and physical activity**
to include subsidies and collaborations with local providers for special rates
- **Improving the advertising and awareness of current sport and physical activity opportunities**

Stakeholders

- **Providing funding for local sport and physical activity clubs**
to include funding for development of facilities and purchasing equipment and hiring coaches
- **Improving the advertising and awareness of current sport and physical activity opportunities and rental spaces**
- **Building a greater number of facilities**

Children & Young People

- **Building/Improving Facilities including:**
all-weather pitches, indoor sports halls and modernised sports complexes.
- **Cheaper prices and reducing costs associated with participating in sports**
to include cheaper membership fees and financial incentives or discounts .
- **Improving the advertising and awareness of current sport and physical activity opportunities and rental spaces**

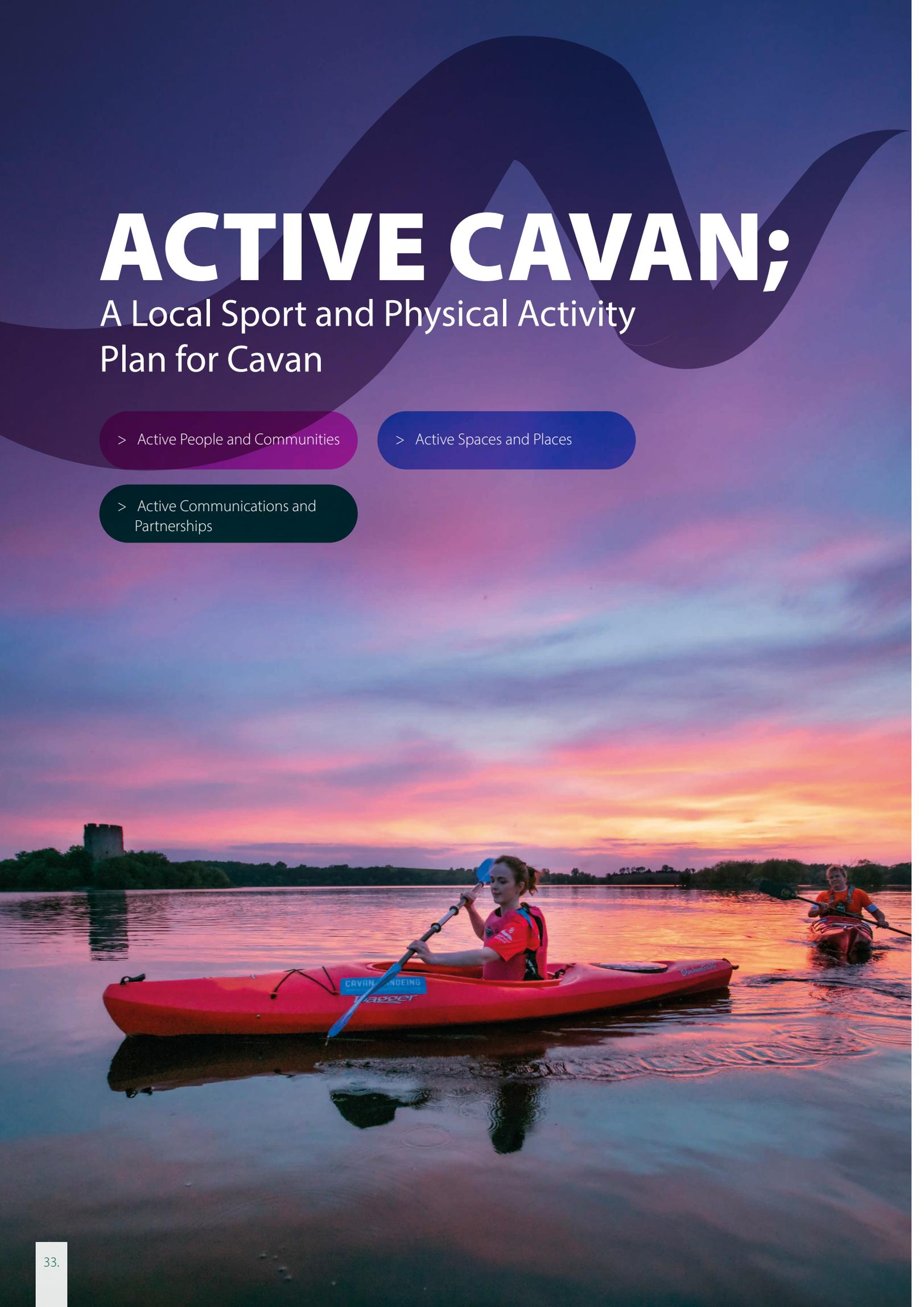
ACTIVE CAVAN;

A Local Sport and Physical Activity Plan for Cavan

> Active People and Communities

> Active Spaces and Places

> Active Communications and Partnerships



10. Our Mission and Values

“That every person in Cavan has the opportunity to be more active, more often.”

Our Mission
Cavan County Council

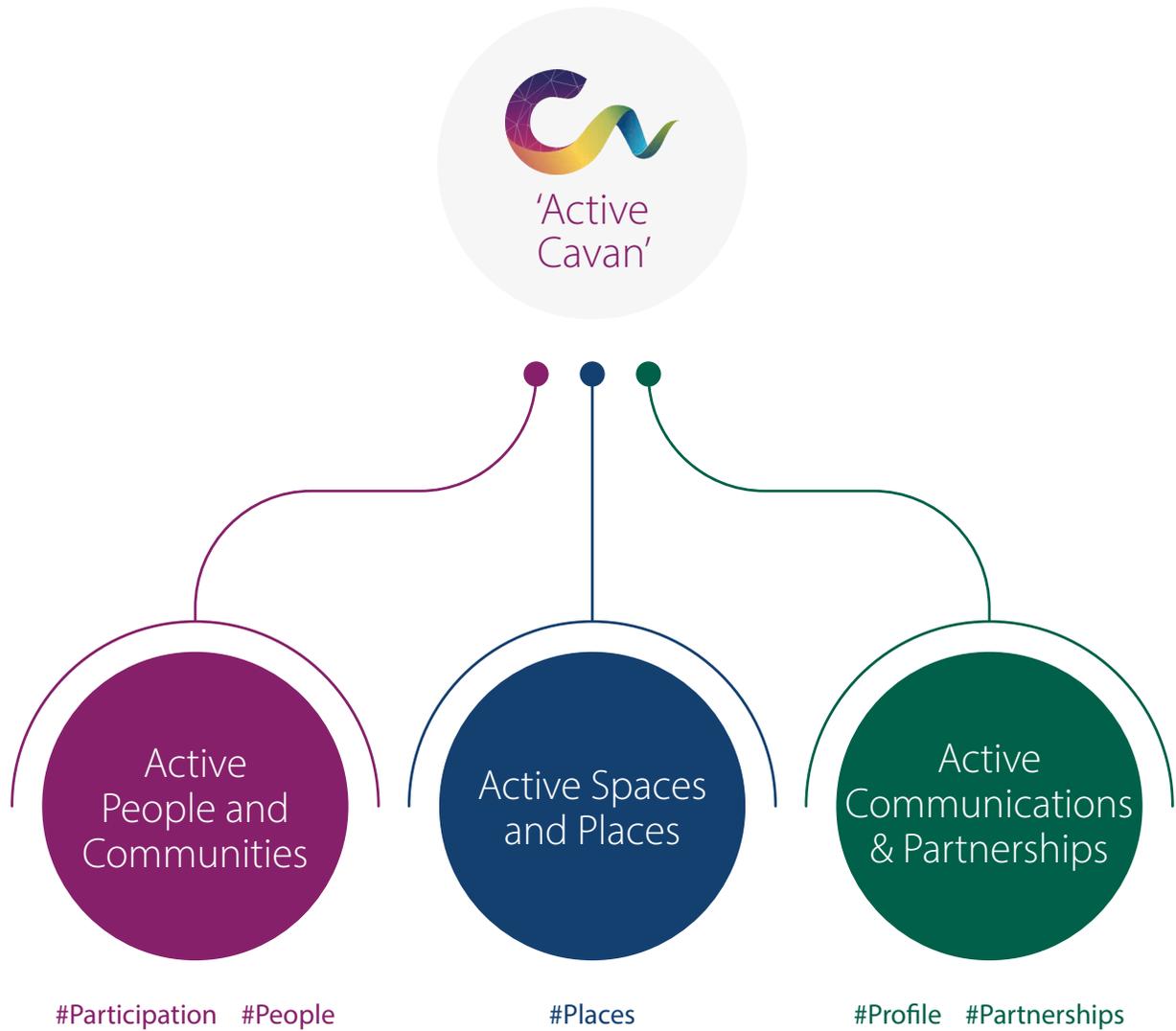
OUR VALUES AND PRINCIPLES

- **Collaborative** - that helping people in Cavan to be more active, more often is all of our responsibility. We will work collaboratively within the local authority and externally with partners to increase participation in sport and physical activity.
- **Inclusive** - that every person in Cavan, regardless of their background, ability or circumstances will have a fair and equal opportunity to lead an active lifestyle in sport and physical activity.
- **Sustainable** - that the opportunities we create are sustainable, that we have the right resources in the right places to deliver and that our approach embraces climate action and our environmental responsibilities.
- **Innovative** - that we show imagination and creativity as we develop programmes, initiatives, events and spaces and places that support and empower people across Cavan to be active.
- **Fun** - that sport and physical activity is, at its core, fun and enjoyable for those who take part. Ensuring a fun, safe and friendly sport and physical activity experience can unlock lifelong participation and involvement.



11. Strategic Themes and Priorities

The Cavan Local Sport and Physical Activity Plan is underpinned by 3 strategic themes. Each strategic theme contains 3 strategic priorities, these are brought to life by a series of 49 headline actions and initiatives to be delivered over the five year lifespan of the strategy.



STRATEGIC THEME 1: ACTIVE PEOPLE AND COMMUNITIES

Strategic Priorities:



STRATEGIC THEME 1: ACTIVE PEOPLE AND COMMUNITIES

Why this theme is important?

Our consultation process told us that people face a range of barriers to increasing their participation in sport and physical activity, we also know that these barriers can apply differently to different people depending on their location, gender, age, ethnicity or whether they have a disability.

We also know that people have lots of different preferences when it comes to sport and physical activity and our plan seeks to increase participation whether that's taking a walk in the countryside, utilising our extensive network of lakes, exercising at home or in a gym or engaging in competitive sports through clubs and schools.

There is an onus therefore to increase opportunity and choice in sport and physical activity – which means organising, facilitating and initiatives that support people to be more active.

Much of this work is already facilitated by our Local Sports Partnership, but we also recognise and value the critical role played by our local clubs, groups and organisations – as well as our National Governing Body partners. Working collaboratively with these partners is key to ensuring we deliver on our priorities.

For many, motivation for participating in sport and physical activity is driven by a desire to improve health and wellbeing, whether that is about controlling weight, improving mental health and wellbeing or increasing social connections and friendships. We know that physical activity and exercise is one of the cornerstones of good health and wellbeing, therefore we need to engage with our partners across the health and wellbeing sector

to ensure joined up approaches to improving levels of physical activity.

The following reflect our key success measures for our Active People and Communities theme:

1. **Total # of participants, engaged in our programmes (broken down by target group) increases year on year**
2. **Qualitative measure on the experience of our programmes by target groups through the lens of diverse groups.**
3. **Total # of collaborative programmes between NGBs. Health & wellbeing sector partners increases year on year**
4. **Increase in amount of funding allocated under this theme from baseline.**



| Strategic Priority 1 | Headline Action/initiative | Lead Department | Supporting Department |
|--|--|-----------------|--|
| Increase sport and physical activity participation in disadvantaged areas and amongst priority target groups | 1. Optimise funding opportunities to support the development of new initiatives and enhance existing programs. It will ensure that staffing levels within the LSP are maintained and the LSP is equipped to fulfill the goals outlined in its annual operational plan. | CCC CSP | CCC Sport Ireland |
| | 2. Design, deliver and implement an annual sport and physical activity plan for key target groups including older adults, people with disabilities, ethnic minorities, children, youth, LGBTQI+, women in sport and disadvantaged communities. | CSP | CCC Sport Ireland Planet Youth Leisure Time Programme |
| | 3. In line with the strategic development of parks and communities, to deliver an annual series of initiatives targeting increased participation through non-competitive and non-structured play opportunities across the age ranges in Cavan | CSP CCC | NGB's |
| | 4. Ensure that Physical Literacy is embedded in our programme development and design | CSP | NGB's Local clubs and groups |
| | 5. Optimise the potential of the Cuilcagh Lakelands Cuilcagh Lakeland Geopark as an important outdoor recreation destination in the County as part of the broader development of incentivised initiatives and activation plans that promote active outdoor tourism in the County | CSP | Sport Ireland Libraries NGB's Local clubs and groups |
| | 6. Deliver on and support a wide range of participation activities in Cavan, including park runs and participation initiatives and events in support of national programmes such as Women in Sport Week, Bike Week, Active Schools Week, European Week of Sport, Her Moves/ Her Outdoors | CSP | SI NGB's CORP Cuilcagh Lakeland Geopark Local schools Local clubs and groups |

| Strategic Priority 2 | Headline Action/initiative | Lead Department | Supporting Department |
|--|---|-------------------------------------|-----------------------|
| Empower and build capacity of people, clubs and organisations to provide sustainable sport & physical activity opportunities | 7. Delivery of an annual, county-wide programme of training and education for volunteers, clubs and organisations in collaboration with local and national partners and in line with the Sport Ireland Volunteering in Sport Policy | CSP NGB's Volunteer centre | Sport Ireland |

STRATEGIC THEME 1: ACTIVE PEOPLE AND COMMUNITIES

| Strategic Priority 2 | Headline Action/initiative | Lead Department | Supporting Department |
|--|---|---------------------------------------|-----------------------------------|
| Empower and build capacity of people, clubs and organisations to provide sustainable sport & physical activity opportunities | 8. Maintain & expand the number of National Governing Body (NGB) co-funded officers working 'on the ground in County Cavan' | CSP NGBs CCC | |
| | 9. Create and develop a pathway for sport and physical activity facilitators/leaders with an emphasis on young people in collaboration with educational institutions | CSP CCC CMETB CYPSC | NGB's Sport Ireland |
| | 10. Continue to provide access to grant funding for Sport and physical activity opportunities on an annual basis and review the grant funding criteria to ensure optimum value for money. | CSP Interdepartmental Committee | CCLD CMETB |
| | 11. Support the development of inclusive clubs and build connections between clubs, schools and local communities | CSP | CMETB Youth Services & LCYP |

| Strategic Priority 3 | Headline Action/initiative | Lead Department | Supporting Department |
|---|---|--------------------------------|-----------------------|
| Build Active communities, using sport and physical activity to improve the health and wellbeing of people across County Cavan | 12. Foster strong integration and collaboration between the Local Sports Partnership, Healthy Cavan, HSE Sláintecare Healthy communities and other partners CMETB, CYPSC particularly in the context of the new Physical Activity for Health programmes | Interdepartmental committee | CSP |
| | 13. Support the roll out of the Sport 4 Empowerment programme within CSP, fostering collaboration and social innovation between social inclusion organisations and CSP to increase participation in sport and physical activity | CSP | |

| Strategic Priority 3 | Headline Action/initiative | Lead Department | Supporting Department |
|---|--|---------------------------------------|-----------------------------------|
| Build Active communities, using sport and physical activity to improve the health and wellbeing of people across County Cavan | 14. Co-design an annual series of programmes to deliver community based health and wellbeing, social inclusion and physical activity initiatives in line with the objectives set out in the National Sláintecare Implementation Strategy and Action Plan in line with the strategic priorities of the LECP | CSP NGBs CCC | |
| | 15. Explore the potential to develop sport and physical activity based social prescribing programmes with connections to primary care | CSP CCC CMETB CYPSC | NGB's Sport Ireland |
| | 16. Increase access to sport and physical activity spaces for new communities and people in disadvantaged communities, using sport and physical activity as a conduit to tackle health and wellbeing challenges | CSP Interdepartmental Committee | CCLD CMETB |
| | 17. Continue to support the delivery and sustainability of community sport and physical activity hub model across the County | CSP | CMETB Youth Services & LCYP |



STRATEGIC THEME 2: ACTIVE SPACES AND PLACES

Strategic Priorities:



Why this theme is important?

Developing new facilities was identified consistently by residents, by children and young people and by stakeholders as one of the biggest priorities for Cavan over the next 5 years. We have a significant opportunity to capitalise on the abundance of natural resources as places where people can be more active more often – particularly in opening up access to our lakes and trails. This will be captured in a dedicated Outdoor Recreation Plan.

The consultation process identified the need for investment in both indoor and outdoor facilities across the county including sports pitches, indoor halls, running tracks, swimming pools and others. As a local authority we have been pursuing the development of a regional sports campus in Cavan since 2018 which would go some way to addressing key facility needs and deficits, delivering on this particular project was referenced consistently during the consultation process.

Whilst the development of new facilities was a clear priority, those consulted also identified the upgrading of existing spaces and places to optimise their use – this includes lighting, safety, toilets, changing facilities and accessibility. In addition, you told us that working with schools to ensure they are available for community use would vastly improve access for local clubs, but also help engrain schools in the fabric of local communities – breaking down participation barriers and creating pathways through sport and physical activity. As we progress with enhancements to spaces and places, we also need to improve how we incorporate a sport and physical activity ‘lens’ within the planning stages of projects,

to ensure joined up approaches to improving levels of physical activity, strategies and plans, this will help ensure that any new developments across the County are futureproofed and optimised for sport and physical activity – increasing opportunity and choice for residents, clubs and communities across Cavan.

The following reflect our key success measures for our Active Spaces and Places theme:

- 1. Phase 1 of the Cavan Regional Sports Campus delivered and operational by the end of the Local Sports Plan**
- 2. # of new sport and physical activity spaces and places developed in Cavan**
- 3. Development and implementation of a dedicated Outdoor Recreation Strategy for the County**
- 4. # of schools increasing access to school facilities in evenings and weekends by the local community**

STRATEGIC THEME 2: ACTIVE SPACES AND PLACES

| Strategic Priority 4 | Headline Action/initiative | Lead Department | Supporting Department / Body |
|---|--|---|---|
| Optimise our natural environment to increase participation in sport and physical activity in the outdoors | 1. Develop a dedicated Outdoor Recreation Plan for County Cavan including the integration of a County Outdoor Recreation Officer and strategy to optimise lakes and trails through the County | CORC (County Outdoor Recreation Committee) Rural Recreation Officer | CCC CSP CCLD |
| | 2. Improve access to changing facilities, lighting, toilets and access points at key outdoor destinations including lakes and trails | CCC | CORC CSP Waterways Ireland Coillte Cuilcagh Lakeland Geopark |
| | 3. Explore improved access to trails, lakes and other outdoor destinations through extension of community transport schemes and improvement of infrastructure | CCC Active travel Local Link | CSP Waterways Ireland Coillte Cuilcagh Lakeland Geopark |
| | 4. Continue to support and grow participation in walking, cycling, running and swimming through events, programmes and national partnerships | CSP | Active travel Water safety Sports Clubs NGBs Rural recreation officer Get Ireland Walking Sport Ireland |
| | 5. Optimise the potential of the Cuilcagh Lakelands Cuilcagh Lakeland Geopark as an important outdoor recreation destination in the County as part of the broader development of incentivised initiatives and activation plans that promote active outdoor tourism in the County | Cuilcagh Lakeland Geopark | Tourism CSP |
| | 6. Maximise funding opportunities to develop and implement outdoor recreation infrastructure such as ORIS, CLAR, Leader, DTCAGSM, Sport Ireland, Dormant Accounts, URDF, Town and Village Renewal and others to develop and to develop and enhance outdoor physical activity and recreational spaces/amenities | CCC | CSP Planning Dept Active travel TRO (Town regeneration officer) |
| | 7. Deliver on the objectives set out in our active travel plan including retrofitting communities for active travel and building sustainable communities | CCC Active Travel | |

| Strategic Priority 5 | Headline Action/initiative | Lead Department | Supporting Department / Body |
|---|---|------------------------------------|---|
| Address the need for increased access to high quality indoor and outdoor sport and physical activity facilities and spaces in all parts of the County | 9. Deliver on the Cavan Regional Sports Campus Project | CCC | |
| | 10. Continue to support the upgrade of swimming pool facilities within the county | CCC | Cavan Regional Health & Leisure Bailieborough Community Swimming Pool |
| | 11. Support communities, clubs and organisations across County Cavan to access funding to develop facilities and build their capacity to manage facilities sustainably | CCC Climate Change | CCLD CMETB |
| | 12. Carry out a comprehensive mapping exercise of sport and physical activity facility needs across the county and optimise the Get Ireland Active database, feasibility study and needs analysis processes to enhance evidence-based decision making in the development of new spaces and places | CCC GIS | CSP |
| | 13. Ensure intergenerational and universal access in design, provision and operation of new and existing sport, recreation and physical activity facilities in Cavan | CCC Interdepartmental committee | |
| | 14. Support the further development of multi-sport and multipurpose community facilities across County Cavan, for example: walking tracks, sports marking scheme, multigenerational equipment | CCC CSP CCLD | |
| | 15. Embed the integration of a 'sport and physical activity lens' in the planning stage of housing estates, public/community spaces as well as in the development of local area plans and local authority strategies. | CCC | Interdepartmental committee |

STRATEGIC THEME 2: ACTIVE SPACES AND PLACES

| Strategic Priority 6 | Headline Action/initiative | Lead Department | Supporting Department |
|---|---|---|---|
| <p>Optimise our existing spaces and places such as community centres, parks, leisure centres, libraries and schools as places where sport, physical activity and recreation can occur</p> | <p>16. Take a leadership role in improving access for all, across existing Council owned facilities and support clubs, groups and other organisations to access funding to deliver similar improvements</p> | <p>CCC CSP</p> | <p>CSLD</p> |
| | <p>17. Support the enhancement of existing facilities to incorporate play, leisure, recreation and accessibility improvements to increase participation at a local level</p> | <p>CCC Interdepartmental committee</p> | <p>CCLD CSP CMETB (Youth Services, LCYP & PY)</p> |
| | <p>18. In line with the Procedures on use of School Buildings and Sports Facilities outside of School Hours collaborate with Education Providers to establish a baseline position on use of schools and explore pilot initiatives to expand evening and weekend access to school facilities</p> | <p>CSP Dept Education Local schools</p> | <p>CMETB (Youth Services, LCYP & PY)</p> |
| | <p>19. Ensure strong collaborative working with our active travel and climate action unit to activate and promote planned investment in cycleways and safe routes to schools throughout the county</p> | <p>CCC Active Travel Climate Action Interdepartmental committee</p> | <p>CSP</p> |



STRATEGIC THEME 3: ACTIVE COMMUNICATIONS AND PARTNERSHIPS

Strategic Priorities:



Enhance the profile and visibility of sport and physical activity, communicate our impact with evidence.

Proactively engage and collaborate with a wide range of people and partners in the delivery of our sport and physical activity priorities.

Embed effective, accountable and integrated systems and structures with the right resources to deliver our plan.



STRATEGIC THEME 3: ACTIVE COMMUNICATIONS AND PARTNERSHIPS

Why this theme is important?

The consultation process highlighted the need to increase the profile and visibility of sport and physical activity in Cavan. Not only do we need to advertise and promote what's available in terms of activities, facilities and classes but we also need to ensure that positive messaging about the benefits and impact of regular participation reaches the right people in the right ways to encourage and inspire participation.

We know that delivering on our mission of people in Cavan being more active more often, we will require a whole system approach.

In relation to communication, this means doing things consistently using the same branding and messaging across our various departments and partners. It also means that we draw on evidence to support our sport and physical activity decisions and to help partners and stakeholders stay informed of our progress, so ongoing participation in research and evaluation activity will help amplify the impact of information and messages relating to sport and physical activity.

More broadly across our Local Sports Plan it also means that internally within Cavan County Council, our departments and teams will need to work more closely together and we will need to collaborate with a wide range of external partners from sports clubs, educational bodies, community and voluntary sector, statutory agencies to National Governing Bodies of Sport.

Like all plans with high levels of ambition, it requires the right resources and funding mechanism. In addition to investment directly by

Cavan County Council, we greatly appreciate and value the contribution made by key partner such as Sport Ireland, DTCAGSM, HSE, National Governing Bodies and others and we want to continue to attract more resources into Cavan to allow us to deliver on the actions set out in this strategy.

The following reflect our key success measures for our Active Communications and Partnerships theme:

- 1. The extent of our reach, impressions and analytics on key sport and physical activity campaigns increases year on year**
- 2. # of Council departments represented on the interdepartmental implementation team**
- 3. Qualitative feedback on the effectiveness of communications and promotional activity and extent of collaboration in the implementation of the plan, captured in the annual evaluation.**

| Strategic Priority 7 | Headline Action/initiative | Lead Department | Supporting Department / Body |
|---|---|--|---|
| Enhance the profile and visibility of sport and physical activity, communicate our impact with evidence | 1. Implementation of a consistent sport, physical activity and wellbeing communications strategy across key partners with clear branding and targeted messaging | CSP Healthy Cavan Sláintecare Healthy Communities | |
| | 2. Deliver on a targeted communication, education and awareness building initiative for outdoor recreation in line with the newly developed Outdoor Recreation Strategy | CORC | Rural Recreation Officer Outdoor Recreation Officer |
| | 3. Promote and embrace national and international campaigns for sport and physical activity such as European Week of Sport, HerOutdoors, Women in Sport, Get Ireland Walking, Healthy Ireland at your library, National Bike Week, National Play Day, National Recreation week and others | CCC CSP | Libraries NGB's Sports clubs Healthy Cavan Sláintecare Healthy Communities Active Travel CORC CMETB (Youth Services, LCYP & PY) |
| | 4. Develop an implementation, evaluation and impact measurement plan to track and communicate the impact of the local sports plan. | CCC Interdepartmental committee | |

| Strategic Priority 8 | Headline Action/initiative | Lead Department | Supporting Department |
|---|---|------------------------|-----------------------|
| Embed effective, accountable and integrated systems and structures with the right resources to deliver our plan | 5. Establishment of a 'whole council' interdepartmental implementation team for the Local Sports Plan ensuring whole system buy in, ownership and accountability, this will include representatives from Planning, Water services, Housing, Corporate, IT, Environment, Climate Change, Active Travel, Community, Enterprise & Tourism, Cuilcagh Lakeland Geopark, Library, Sports Partnership and others, are represented on the implementation team | CCC | |
| | 6. Develop and implement a new terms of reference for the CSP advisory committee; strengthening their role and focus in establishing annual priorities and developing an operational plan in line with the Local Sports Plan and Sport Ireland priorities. | CSP Advisory Committee | |

STRATEGIC THEME 3: ACTIVE COMMUNICATIONS AND PARTNERSHIPS

| Strategic Priority 8 | Headline Action/initiative | Lead Department | Supporting Department |
|---|---|---|-----------------------|
| Embed effective, accountable and integrated systems and structures with the right resources to deliver our plan | 7. Ensure strong integration and collaborative working between the Local Sports Plan implementation team, the Cavan County Council Climate action plan and in turn the National climate action plan | Interdepartmental committee Climate Action | |
| | 8. Explore the feasibility of a 'Local Sports Plan Officer' role as the driving force behind the local sports plan and its key actions | CCC | |
| | 9. Continue to build on our existing successful partnership with Sport Ireland and the DTCAGSM, supporting the growth and further development of the Cavan Sports Partnership | CCC | |
| | 10. Strengthen the role and importance of sport and physical activity in our corporate publications including the annual service delivery plans, corporate plans and key policy documents | Interdepartmental committee | |

| Strategic Priority 9 | Headline Action/initiative | Lead Department | Supporting Department |
|---|--|---|--|
| Proactively engage and collaborate with a wide range of people and partners in the delivery of our sport and physical activity priorities | 11. Build on internal and external partnerships, national networks and structures with key stakeholders such as Sport Ireland, Planet Youth, NGB's, PPN, CYPSC, LCDC, Healthy Cavan, HSE and others, to ensure consultation, engagement and information sharing in the development and delivery of sport and physical activity | Interdepartmental committee CSP Advisory Committee LCDC | CMETB (Youth Services, LCYP & PY) |
| | 12. Focus on the development of multi-sport facilities and sites, underpinned by club, NGB, school and local authority collaboration | CCC | Interdepartmental committee CCLD NGBs |
| | 13. Develop links between the active travel and relevant stakeholders to encourage school commuting by walking and cycling initiatives, prioritising safe walkways and cycleways to and from schools, community centres and recreational hubs to promote easier access to existing facilities | Active travel CSP CCC | CMETB Local Schools Dept of Education & Skills |



12. Delivering the Plan

To ensure the effective implementation of the Cavan sport and physical activity plan, robust structures and processes will be established to promote evidence based planning, accountability, transparency, and measurable outcomes. Our approach to delivering on the plan includes:

1. **Establishment of a Representative County Council Implementation Steering Group**

A new County Council implementation steering group to oversee the delivery of the plan. This group will integrate with existing structures to ensure alignment and avoid duplication of efforts. Key linkages include:

- **CSP (Cavan Sports Partnership) Advisory Committee:** Leveraging existing expertise in community-based sports initiatives.
- **County Outdoor Recreation Committee (CORC):** Ensuring rural-specific recreational activities and infrastructure are prioritised within the strategy.
- **Climate Action Group:** Embedding sustainability into sport and physical activity plans, aligning with broader environmental goals.

The steering group will ensure strategic oversight, foster cross council collaboration, and promote accountability through regular updates and stakeholder engagement.

2. **Annual Operational Plan and Reporting**

To maintain focus and track progress, an Annual Operational Plan will be developed. The operational plan will use evidence, insights from key stakeholders, data, and research to ensure an evidence-informed approach. The operational plan will outline:

- Specific, measurable, and time-bound actions aligned to the objectives set out in the local sport and physical activity plan.
- Clear roles and responsibilities for implementation.

3. **Comprehensive Reviews**

The implementation of the plan will include structured review points to ensure its ongoing relevance and effectiveness:

- **Annual Review:** Assessing yearly progress against targets and adjusting operational plans as needed.
- **Mid-Term Review:** Conducting a more in-depth evaluation at the halfway point of the plans timeline, identifying trends, challenges, and opportunities for changes and further developments.

These reviews will ensure the sport and physical activity plan remains adaptive and responsive to changing circumstances, community needs, and emerging opportunities.

4. Collaboration with Key Partners and Delivery Agents

Successful delivery of the Active Cavan Local Sport and Physical Activity Plan is dependent on strong partnerships and collaboration. The local authority will work closely with:

- **Sports organisations, community groups, and schools:** to ensure inclusive and widespread participation.
- **Health agencies:** to promote physical activity as part of wider well-being initiatives.
- **Regional and national bodies:** to align with broader policies and secure additional expertise.

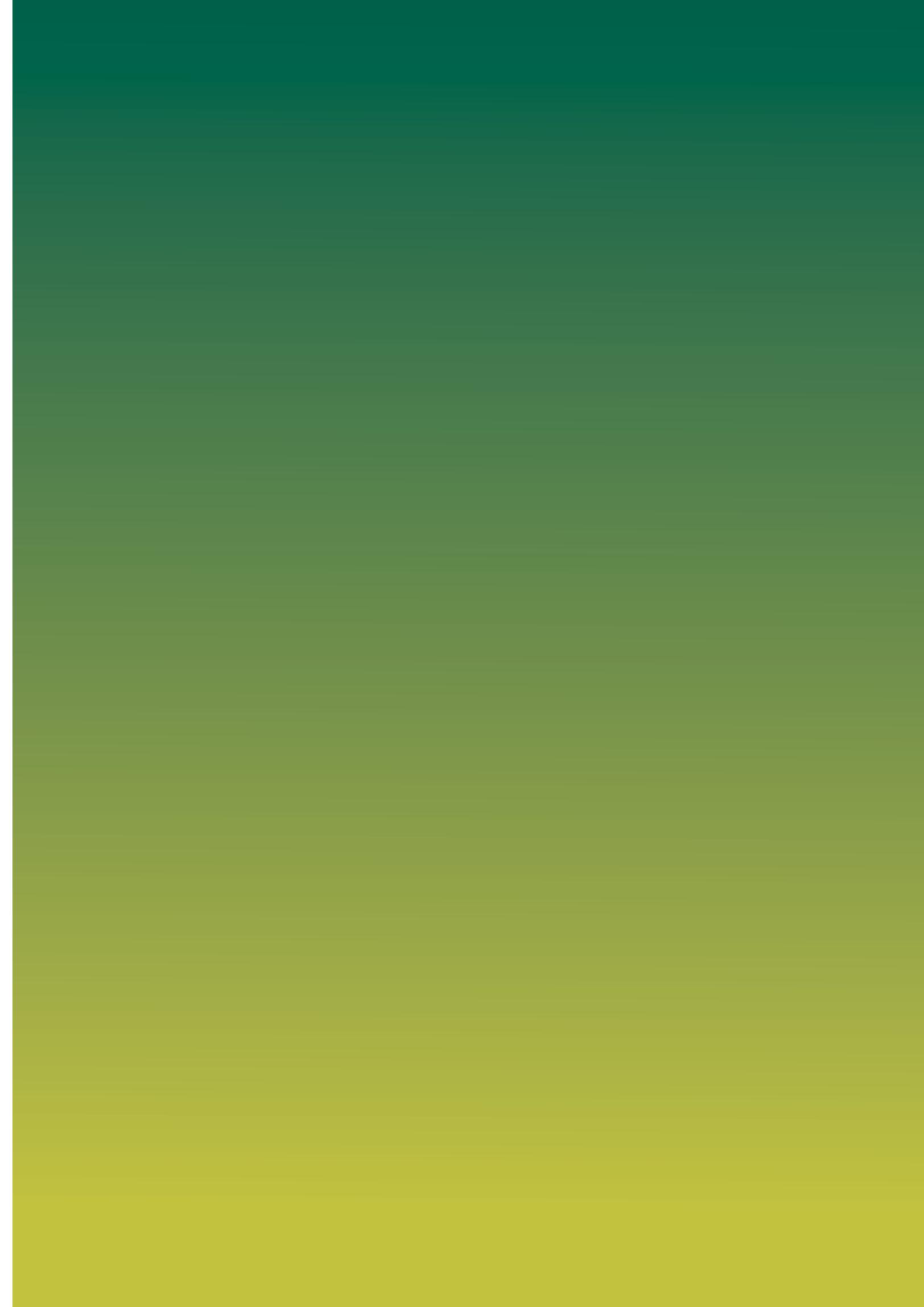
5. Securing Additional Funding and Resources

Securing additional funding and resources will be a priority to enhance the Cavan Local Sport and Physical Activity Plan. This will include exploring external funding opportunities, advocating for increased investment in sport and physical activity programmes and facilities, building capacity within the local authority and within partner organisations to leverage additional resources.

CONCLUSION

These accountable structures and processes will ensure the successful delivery of the Cavan Local Sport and Physical Activity Plan.







Cavan County Council

Courthouse
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