



OUR CONTRIBUTION TO THE ACTIVE SCOTLAND OUTCOMES FRAMEWORK 2018-19

 **CLUBS**

sport
scotland | spòrs
alba

We encourage and enable the inactive to be **more active**

ASOF 1

We encourage and enable the active to **stay active**

ASOF 2

We develop physical confidence and competence from the **earliest age**

ASOF 3

We improve our active infrastructure - **people and places**

ASOF 4

We support **wellbeing & resilience** in communities through physical activity & sport

ASOF 5

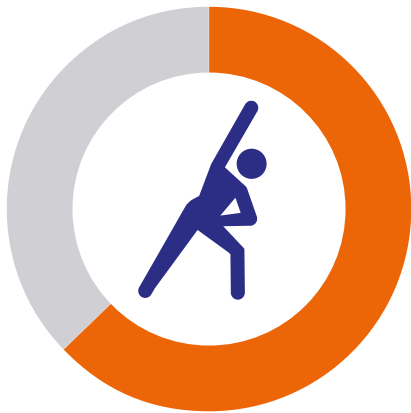
We improve opportunities to **participate, progress and achieve** in sport

ASOF 6

Equality: Our commitment to equality underpins everything we do

We encourage and enable the inactive to be **more active**

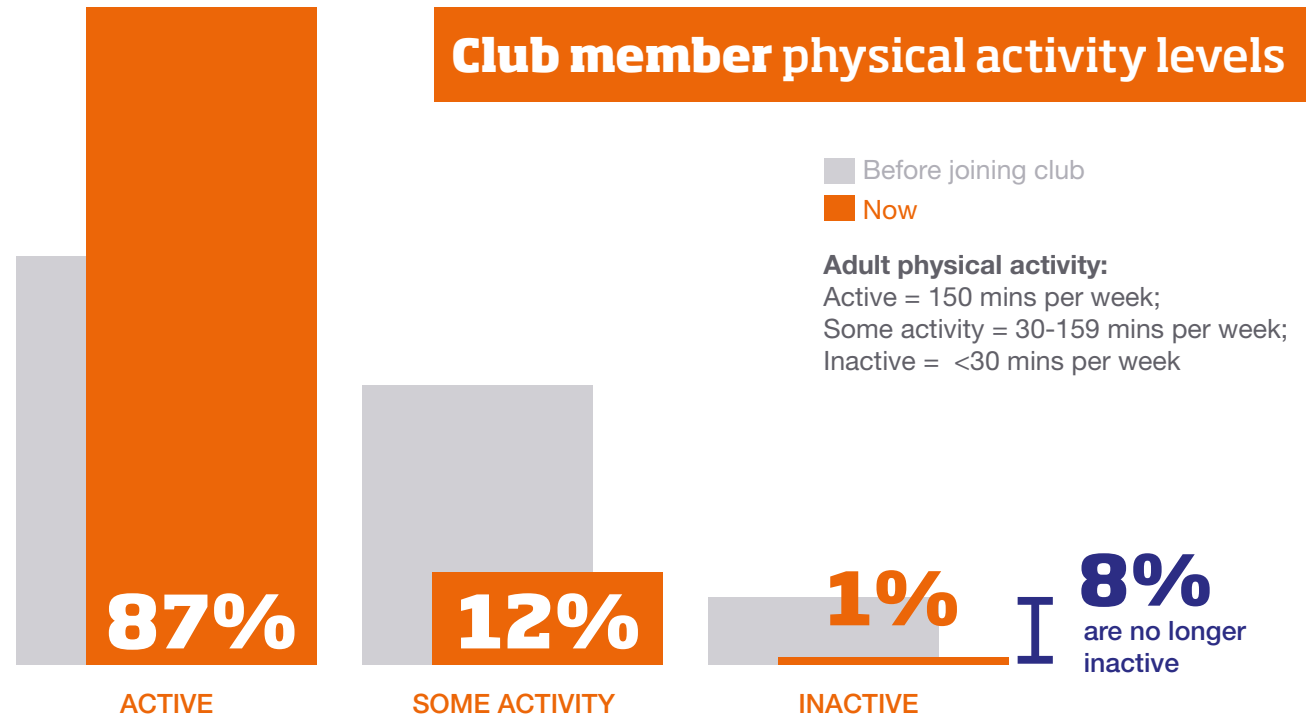
ASOF 1



63%

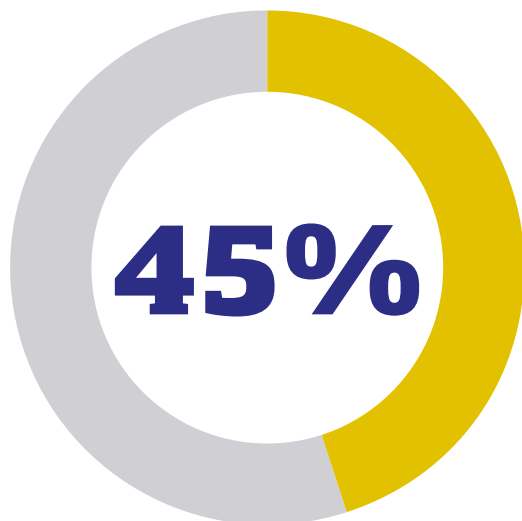
are **more active** since joining their club

Club member physical activity levels



We encourage and enable the active to **stay active**

ASOF 2



of club members have been a member of their club for **more than 5 years**

38% of club members take part in **more than one sport club**



We develop physical confidence and competence from the **earliest age**

ASOF 3



76%

Feel they've become **better at sport/activity**



57%

Feel they've **learned a new skill**



68%

Feel **more confident in sport/activity**

CLUBS



We improve our active infrastructure - people and places

ASOF 4



64%

of those who regularly coach or volunteer at a club feel they've **learned a new skill**



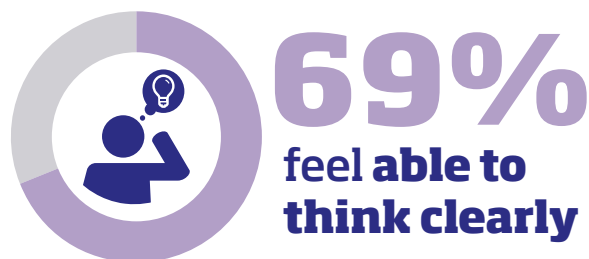
65%

of those who regularly coach or volunteer at a club feel **more confident in sport/activity**



We support wellbeing & resilience in communities through physical activity & sport

ASOF 5



73% feel **optimistic about the future**

63% feel able to **deal with problems well**

84% feel **useful**

74% feel **close to other people**

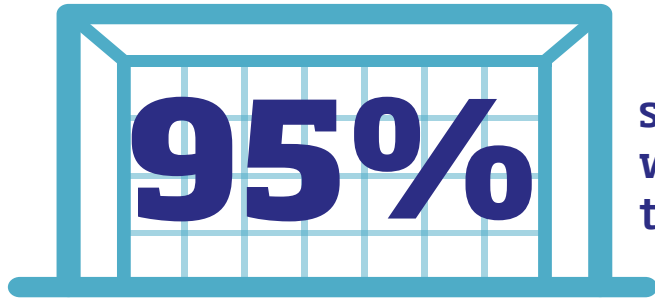
73% feel **more involved in their community**

59% feel able to **make their mind up**



We improve opportunities to **participate, progress and achieve** in sport

ASOF 6



said that they were achieving their goals.



The most common goal was to be **MORE HEALTHY/KEEP FIT**

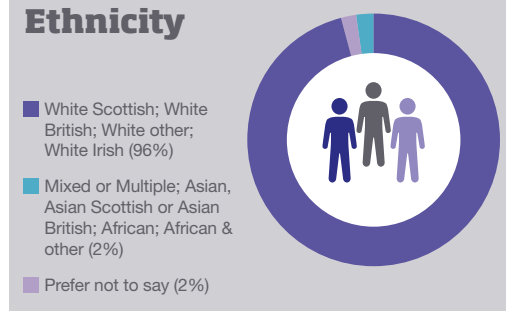
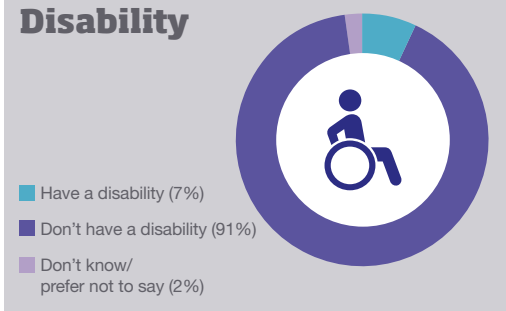
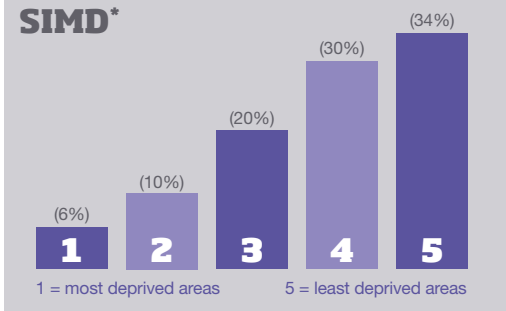
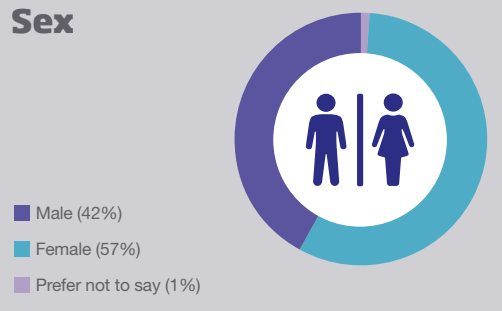
ACTIVE DEVELOP HELP
SPORT FITTER CLUB MENTAL
PLAY KEEPING BEST ME GOOD HEALTHY SOCIAL
IMPROVE BETTER LIFE WANT FRIENDS
CONFIDENCE STAY BECOME FIT KEEP FITTER IMPROVE
LEARN PHYSICAL OTHERS FITNESS ENJOYMENT
COMPETE BEING NEW MEET WELLBEING SKILL TEAM
SOCIALISE

CLUBS



Our commitment to **equality** underpins everything we do

Children (age 13-17)



Adults (18 and over)

