

OUR CONTRIBUTION TO THE ACTIVE SCOTLAND OUTCOMES FRAMEWORK 2019-20

CLUBS & COMMUNITIES

Sport for life

sport
scotland | **spòrs**
alba

ABOUT THE DATA

The data in this report is from our ASOF survey covering the period April 2019 to March 2020

- club survey – 11,000 responses.

The surveys used convenience samples. We weighted the responses to make them as representative as possible of the people taking part in programmes we invest in.

The figures for people taking part in the programmes we invest in are not distinct. This means there may be multiple counting of people attending more than one programme.

Please note that due to changes in the methodology, data is not directly comparable to previous years.



**WE IMPROVE OPPORTUNITIES
TO PARTICIPATE, PROGRESS
AND ACHIEVE IN SPORT**



**CLUBS &
COMMUNITIES
2019-20**

94%

feel they are achieving
their goal in sport
and physical activity



THE MOST COMMON GOAL



FITNESS

**WE SUPPORT WELLBEING AND
RESILIENCE IN COMMUNITIES
THROUGH PHYSICAL ACTIVITY
AND SPORT**



**CLUBS &
COMMUNITIES
2019-20**



89%

of adults and
children feel
healthier



96%

of children
have made
friends



76%

of adults
feel close to
other people



69%

of adults feel
more involved in
their community

**WE ENCOURAGE AND ENABLE
THE ACTIVE TO STAY ACTIVE
THROUGHOUT LIFE**



**CLUBS &
COMMUNITIES
2019-20**

54%

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



35%

of those aged under 18 have
been a member of their club
for **more than 5 years**



74%

of those aged over 55 have
been a member of their club
for **more than 5 years**



AGE OF CLUB MEMBERS

36%

Under-18

38%

18-55

26%

Over-55

**WE IMPROVE OUR
ACTIVE INFRASTRUCTURE
- PEOPLE AND PLACES**



**CLUBS &
COMMUNITIES
2019-20**



8,301

people accessing
sportscotland
learning and
development
opportunities



across **27**

external projects

Learning and development opportunities were across clubs and communities, schools and education and performance



**24 facilities awards
in 2019-20...**

investing
£1.23m

and enabling investment of

£7.72m



All facilities investment was in clubs and communities

WE ENCOURAGE AND ENABLE THE INACTIVE TO BE MORE ACTIVE



**CLUBS & COMMUNITIES
2019-20**

Before joining their club

Active	66%
Some activity	26%
Inactive	8%

After

Active	92%
Some activity	7%
Inactive	1%

Child physical activity

Active - average 60+ mins per day
Some activity - average 30-59 mins per day
Inactive - Average <30 mins per day

Adult physical activity

Active - average 150 mins per week
Some activity - average 30-149 mins per week
Inactive - average <30 mins per week



7%

of people who took part in programmes have gone from being inactive to active



**WE DEVELOP PHYSICAL
CONFIDENCE AND COMPETENCE
FROM THE EARLIEST AGE**



**CLUBS &
COMMUNITIES
2019-20**



**People taking part in programmes
we invest in have grown in
confidence or learned new skills**



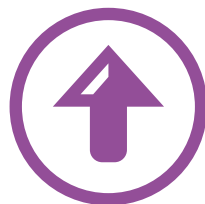
69%

feel they have
become **better**
at sport or other
activities



50%

feel they have
learned a
new skill



59%

feel more
confident in
sport or physical
activity

OUR COMMITMENT TO INCLUSION UNDERPINS EVERYTHING WE DO

1/2



CLUBS & COMMUNITIES 2019-20

This data refers to the people taking part in the programmes we invest in

SEX*

72%

Male

28%

Female



AGE

65%

Adult

35%

Junior or Youth



* Source: Scottish sport governing body (SGB) club members, community sport hubs and direct club investment monitoring

DISABILITY



11%

of under 18s said they were disabled

10%

of adults said they were disabled

ETHNICITY



2%

Asian, Asian Scottish or Asian British / Caribbean or black / mixed or multiple or other ethnic groups

96%

White Scottish / White other British / White Irish or White other

2%

preferred not to say

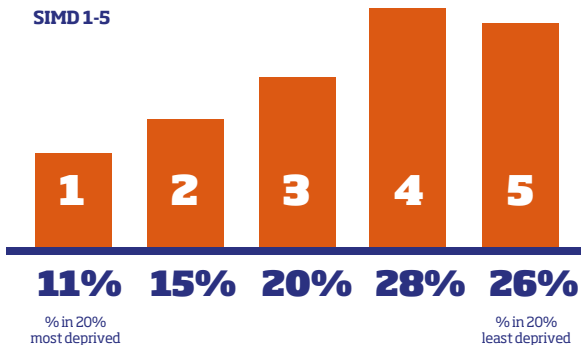


This data refers to the people taking part in the programmes we invest in

AREAS OF DEPRIVATION*

11%
from the
20%
most deprived areas

SIMD 1-5



* According to the Scottish Index of Multiple Deprivation (SIMD)

SEXUAL ORIENTATION

5% of adult club members described themselves as bisexual, gay or preferred to use another term

90% identified as heterosexual

5% preferred not to say



SPECIFIC TO ADULTS

RELIGION AND BELIEF

43% of adult participants identified as Church of Scotland, Roman Catholic or other Christian

2% had another religion

51% said they had no religion

4% preferred not to say