

PUBLIC COPY



GISBORNE DISTRICT COUNCIL

**Active Recreation Strategy
2005 - 2010**

Completed by:

**Cindy Gilbert
Community Development Unit
July 2005**

Peer Review Team

- | | |
|--------------------|--|
| De-Arne Sutherland | ▶ Planner : Special Projects (District Plan) |
| Vance Walker | ▶ Strategic and Social Policy Leader |
| Terry McMillan | ▶ Community Facilities Asset Manager |
| Hendrik Roos | ▶ Rockforte Finance Olympic Pool Manager |
| John Rich | ▶ Community Services Manager, Thames Coromandel District Council |

CONTENTS

MAYORAL FOREWORD	1
GISBORNE DISTRICT COUNCIL ACTIVE RECREATION STRATEGY 2005-2010	2
1.0 VISION	2
1.1 <i>What is Active Recreation?</i>	3
1.2 <i>Physical Activity Guidelines</i>	3
2.0 PURPOSE.....	4
2.1 <i>Principles</i>	4
2.2 <i>Council's Responsibility</i>	4
2.3 <i>Related Strategies</i>	6
2.4 <i>Implementation of the Strategy</i>	7
3.0 WELLBEINGS	7
3.1 <i>Economic Wellbeing</i>	8
3.2 <i>Environmental Wellbeing</i>	8
4.0 RESEARCH	8
<i>Formal Active Recreational Opportunities by Township</i>	12
<i>Current Membership Trends of Selected Sports (research ongoing)</i>	13
APPENDICES CONTENTS	15
APPENDIX A - MONITORING AND REVIEW OF THE STRATEGY	16
APPENDIX B - EVALUATION OF THE GISBORNE DISTRICT COUNCIL ACTIVE RECREATION STRATEGY.....	23
APPENDIX C - GISBORNE DISTRICT COUNCIL ASSET DATA	24
<i>Parks Buildings</i>	24
<i>Parks Play Equipment</i>	24
<i>Parks Sports Equipment</i>	28
APPENDIX D - STRATEGY AND FACILITY RECOMMENDATIONS	30
<i>Aquatic Strategy</i>	30
<i>Other Initiatives</i>	31
APPENDIX E - 2004 LTCCP SUBMISSIONS.....	32
APPENDIX F - REFERENCES	34

MAYORAL FOREWORD

The intent of this strategy is to demonstrate how the Gisborne District Council will continue to provide the infrastructure (parks, reserves and facilities) for currently active people and increase the opportunities, through collaboration, for people who are currently inactive to participate.

Physical activity is a sensitive issue as it deals with people's general health (including weight) and activity levels, as well as the mortality rates that could be reduced with exercise.

Being active is a means of reversing the negative statistics applied to the Gisborne District. Currently we have the lowest life expectancy of any Territorial Local Authority.¹ The main causes of death are cardiovascular disease and cancer (lung, breast and colon). Both are directly attributable to lifestyle.

The prevalence of obesity among children and adolescents also needs to be addressed. Obesity is a major risk factor for Type 2 diabetes. Diabetes is a chronic disease leading to serious complications like heart disease and stroke. Maori and Pacific peoples are at significantly greater risk of contracting diabetes.

Other issues affecting active recreation in the Gisborne District are:

- ❖ The ability of the community to resource their expressed needs and desires.
- ❖ Recreational provision for the high number of youth in the District.
- ❖ The management of facilities and natural resources to meet the community's active recreation needs.
- ❖ The effect of isolation on the marketing of recreation and leisure opportunity in the District to potential visitors and tourists outside the district, and the effect on competition opportunities for players and spectators.

With these issues in mind, the Gisborne District Council has four broad goals, provision, access, promotion and partnership (pages 15-21), which will be regularly reviewed to ensure they remain relevant and encourage our community to be active.

Gisborne has a proud sporting heritage and many positive role models. Working together, we can ensure active recreation continues to be a valued component of our community.

Meng Foon
MAYOR

¹ Health Needs Assessment, Tairāwhiti District Health, update, March 2005.

GISBORNE DISTRICT COUNCIL ACTIVE RECREATION STRATEGY 2005-2010

1.0 VISION

This strategy identifies an active recreation vision for the Gisborne District, and provides a strategic approach to furthering the realisation of this vision.

**- To Develop a Healthy Community through Active Recreation
*Te Whakawhanake i Te Whanau Whanui Ki Te Oranga -***

To maintain the health and well being of the people of the Gisborne District, to promote the enjoyment of active recreation, and to enhance our region as a place to live and visit, it is essential that we put in place effective strategies that promote active recreation. Sport and Recreation New Zealand's (SPARC) mission is for New Zealand to be the most active nation by 2006.

The purpose of this Strategy:

1. Identify obstacles to physical activity amongst the non-active Gisborne District population.
2. To provide a strategy to cater for the active Gisborne District population.

The role of the Gisborne District Council is not to do everything in relation to physical activity provision, rather it seeks to support collaboration and efficient provision of facilities and services within the district. Such provision is most effective in partnership with a wide range of community and government agencies.

There is strong evidence that people who are active are healthier and have enhanced physical, mental and social well-being. People who are physically active are less inclined to suffer from a variety of illnesses, including:

- ❖ Cardiovascular disease
- ❖ High blood pressure
- ❖ Type 2 diabetes
- ❖ Some cancers



1.1 What is Active Recreation?

Active recreation is involvement in any physical activity that increases heart rate

It includes any form of structured activity:

- ❖ Playing organised sport – physical activity with rules and an element of competition.

And informal, unstructured activity:

- ❖ Informal 'fun' physical activities – playing frisbee for example
- ❖ Outdoor recreation – activities that use the natural environment, such as hiking, mountain biking, surfing or jogging.
- ❖ Indoor recreation – activities that take place within a purpose built facility, like gym attendance, badminton and indoor bowls.
- ❖ Incidental activity – activity that occurs as part of an individual's everyday life such as walking to the shop, climbing stairs and gardening.
- ❖ Although not overtly recreation, physical activity may also occur in the workplace.

(Passive recreation, which is NOT the focus of this strategy, includes watching live sport, attending concerts, cinemas and cultural events).

Although we are the most active Health Board in New Zealand, only half of the adult population does the recommended 30 minutes of physical activity a day². Increasing physical activity is one of the thirteen priority health objectives for the Ministry of Health and is a key goal for SPARC.

1.2 Physical Activity Guidelines

The Hillary Commission (2001) set out the following activity guidelines for New Zealanders:

- ❖ View movement as an opportunity not an inconvenience;
- ❖ Be active in as many ways as possible;
- ❖ All New Zealanders should put together at least thirty minutes of moderate intensity physical activity on most if not all, days of the week; *and*
- ❖ If possible people should add some vigorous exercise for extra health and fitness.

² A Snapshot of Health; MOH

2.0 PURPOSE

The Gisborne District Council Active Recreation Strategy has been developed in order to formally recognise a need for greater physical activity (or active recreation) within our community. It is about providing forward planning and direction to address this need through coordination, collaboration and communication. In addition to health, there are social, economic and environmental benefits of active recreation. The strategy looks at these wider benefits including:

- ❖ Fair and equitable access
- ❖ A co-ordinated approach to funding
- ❖ Opportunities for social interaction
- ❖ Tourism resulting from sports people coming into the region to participate in competition and recreational users visiting to take advantage of our natural resources³

These benefits can be summarised as Provision, Access, Promotion and Partnerships and are detailed in the goals and implementation of the Strategy.

2.1 Principles

Enhancing physical activity will increase the health and well-being of people and is a priority for the district.

Increasing participation in physical activity will have positive social, environmental and economic impacts on the region.

Maximum impact on participation will be made through intersectorial integration and collaboration to link strategies and programmes. (See Related Strategies.)



2.2 Council's Responsibility

The Gisborne District Council is guided by requirements set out in the Local Government Act 2002 (LGA 2002). Under the LGA 2002, Council must undertake a consultation process around the LTCCP, at least once every six years, to identify Community Outcomes - the things the community consider important to its long term well being.

³ Refer to 1.6 Monitoring and Review

Two of the Community Outcomes identified in the 2004-2014 Long Term Council Community Plan (LTCCP) relate most to active recreation:

- ❖ Vibrant Communities
- ❖ Safe and Healthy Haven.

The Active Recreation Strategy is Council's response to the communities desire for recreation opportunities expressed in the Community Outcomes, it identifies the requirements necessary for increased active recreation opportunity, for those not currently active.

Any current, relevant legislation is adhered to in the provision of recreational opportunities for the community. This strategy is to be used in conjunction with other strategies, for example, the Regulation component (22.5.2) of the Gisborne District Council Proposed Combined Regional Land & District Plan where specific mention is made for Recreation Reserve Zoning.

The Gisborne District Council provides the core facilities and infrastructure on which many activities depend. Council is responsible for providing appropriate recreation facilities and opportunities to meet the needs of the community; it takes its direction from legal statutes, adopted Council documents and processes of public consultation to identify community needs. It has a role in the co-ordination, development and promotion of activities independently, and in collaboration with other organisations and agencies that promote active recreation and its positive outcomes.

Through the intentions set in the LTCCP under department Activity Management Plans, Council Unit activities are linked to the rest of the Gisborne District Council and to the community wellbeings:

- ❖ Safe and Healthy Haven
- ❖ Fair and Active Democracy
- ❖ Positive Leadership
- ❖ Vibrant Communities
- ❖ Prosperous Communities
- ❖ Connected Communities



2.3 Related Strategies

The Gisborne District Council Active Recreation Strategy is overarching but open ended and inclusive of these and other strategies that may be in the process of development. The Council must co-ordinate and integrate the needs of this strategy with other relevant Council strategic plans and district initiatives.

~ COMMUNITY ~

- ❖ Long Term Council Community Plan (LTCCP) 2004-2014.
- ❖ Tairāwhiti Youth Development Strategy Report : 2003.
- ❖ The New Zealand Positive Ageing Strategy : 2001.

~ RECREATION ~

- ❖ Walking and Cycling Strategy : 2004.
- ❖ The Tairāwhiti Active Recreation Strategy - due for completion in 2006.
- ❖ National Pool and Safety Bylaw.

~ ENVIRONMENT ~

- ❖ Combined Regional Land and District Plan (CRLDP).
- ❖ Reserve Management Plans.
- ❖ Open Space Strategy : 2002 – 2022.
- ❖ Discharges Plan.
- ❖ Gisborne District Council Dog Policy and Bylaws.
- ❖ Gisborne District Recreational and Shellfish Gathering Water Strategy.

~ HEALTH ~

- ❖ Tairāwhiti District Health Strategic Plan : 2005 - 2010.
- ❖ Healthy Eating - Healthy Action : Oranga Kai - Oranga Pūmāu Implementation Plan : 2004 – 2009.
- ❖ SPARC No Exceptions Strategy and Implementation Plan : 2005 – 2009.
- ❖ Health and Physical Education in the New Zealand Curriculum : 1999

2.4 Implementation of the Strategy

Goal 1:	Provision: <ul style="list-style-type: none">1.1 Policy support.1.2 Funding alignment.1.3 Township priorities.1.4 Facility utilisation.1.5 Sports field reduction / increase.1.6 Aquatic recreation.1.7 Participation through accessibility.1.8 Create activity friendly physical environments.
Goal 2:	Access: <ul style="list-style-type: none">2.1 Activity friendly environments.2.2 Enhance urban design and urban form to encourage physical activity.
Goal 3:	Promotion: <ul style="list-style-type: none">3.1 Promotion and awareness.3.2 Council funded organisations.3.3 Education settings.3.4 In the workplace.
Goal 4:	Partnership <ul style="list-style-type: none">4.1 Assist Tairāwhiti District Health : Te Mana Hauora o Te Tairāwhiti.4.2 Using Council networks.

3.0 WELLBEINGS

Increasing attention is being paid to the interaction between socio-economic and health outcomes. People with low incomes, poor housing and few qualifications are likely to have disproportionately poorer health⁴.

The benefits of an active community are not only health outcomes; they also include a greater sense of community, economic and environmental benefits. The Ministerial Taskforce (2001) and the Hillary Commission (1998) provided evidence that active recreation and sport enhances social cohesion, provides an enhanced sense of identity and image, enhances national pride and plays a role in the prevention of crime, particularly in youth.

⁴ The Ministry of Social Development, 2004

3.1 Economic Wellbeing

A recent national study conducted by the Ministry for Social Development has highlighted the growing obesity epidemic as one of the main reasons for the increase of people claiming the sickness and invalid benefits. A conservative estimate of the cost of obesity in New Zealand is \$135 million per year. This figure excludes downstream health costs from chronic diseases that result from obesity⁵. More than 1000 New Zealanders die each year from obesity-related diseases – double the annual road toll. Many conditions that develop as a result of obesity require expensive, life-long treatments. In New Zealand the gross output of the sport and recreation sector has been estimated to be \$1.973 billion and provided a \$4.8 million contribution to the economy on a daily basis in 1999⁶.

3.2 Environmental Wellbeing

Encouraging walking or cycling as a means of transportation and planning and designing the district appropriately can lead to reduced traffic congestion, reduced air and noise pollution.

The Gisborne District Council has developed two relevant documents, the Walking and Cycling strategy and the Open Space Strategy for Gisborne City and Wainui. Promotion of these strategies is already evident along the riverfront walk and in the Central Business District (CBD).



4.0 RESEARCH

In March 2005, Sport and Recreation New Zealand (SPARC) released the results of their Obstacles to Action: A Study of New Zealanders Physical Activity and Nutrition. This study aimed to identify the barriers and motivations to being physically active. SPARC found that there was a high awareness but not enough action as far as activity was concerned, (refer Appendices) in the Gisborne district.

Some key points from the Eastland survey:

- ❖ 32% of adults were insufficiently active.
- ❖ Lack of knowledge around the impact physical activity has on health.
- ❖ Those with health conditions are more likely to have more than one condition.
- ❖ Low levels of confidence about the reality of being physically active.

⁵ New Zealand Health Strategy DHB Toolkit, 2001

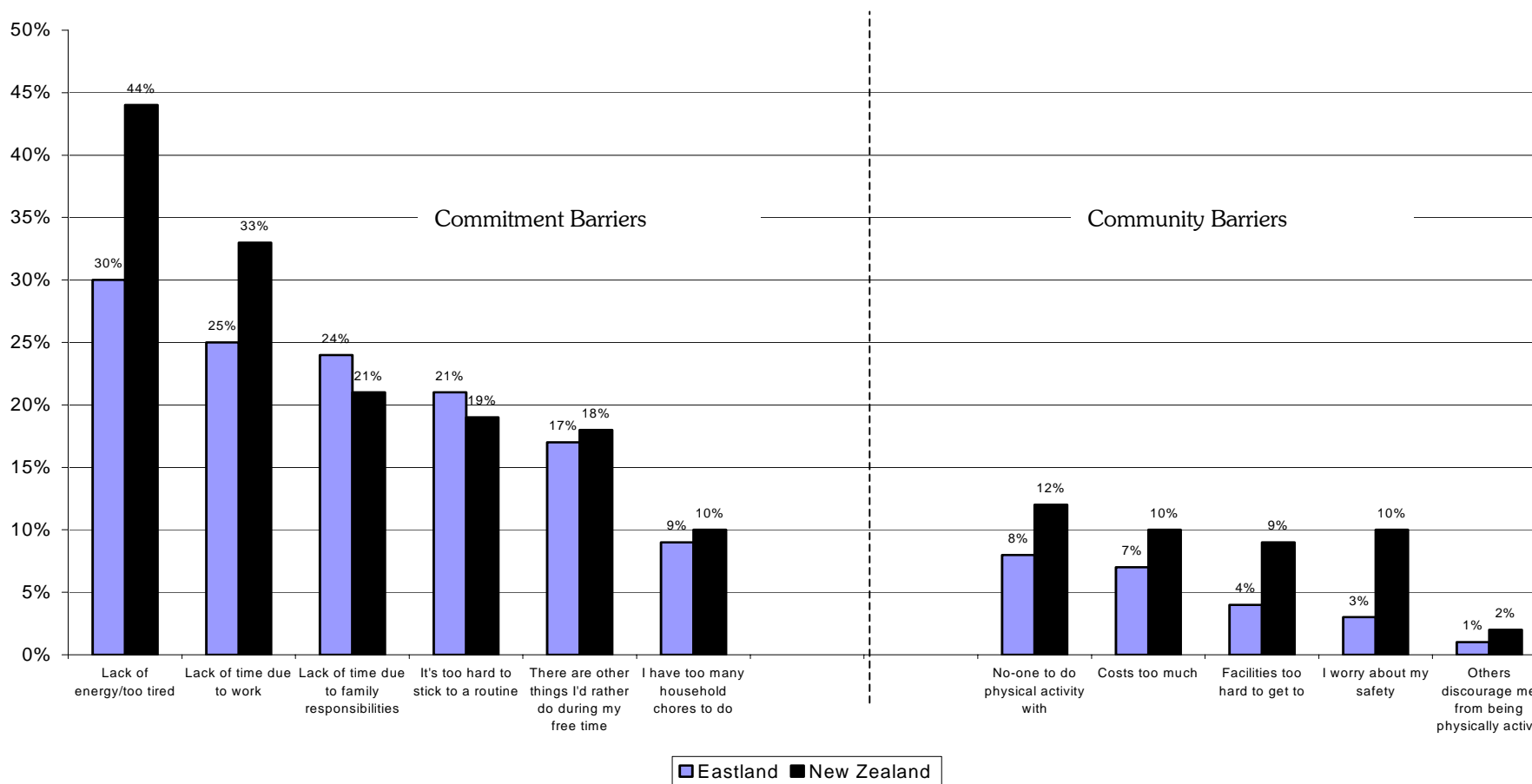
⁶ Ministerial Taskforce, 2001; BERL, 2000

- ❖ Opportunity exists to increase awareness of the less formal ways of accessing physical activity.
- ❖ Eastlanders have positive associations with physical activity.
- ❖ Physical condition is a significant barrier for Eastlanders
- ❖ Significantly more Eastlanders perceive environmental barriers (e.g. poorly maintained footpaths).
- ❖ Health professionals are the most trusted sources of information.
- ❖ Trust in radio is significantly higher, whilst trust in the Regional Sports Trust and Ministry of Health is significantly lower in Eastland than nationally⁷.

The following graphs demonstrate that Eastlanders have fewer barriers than nationally and that they have a high awareness of active recreation opportunities. The Gisborne District Council will use these results to prioritise resources in order to break down the perceived barriers and increase awareness of active recreation opportunities.

⁷ Appendices Map 7

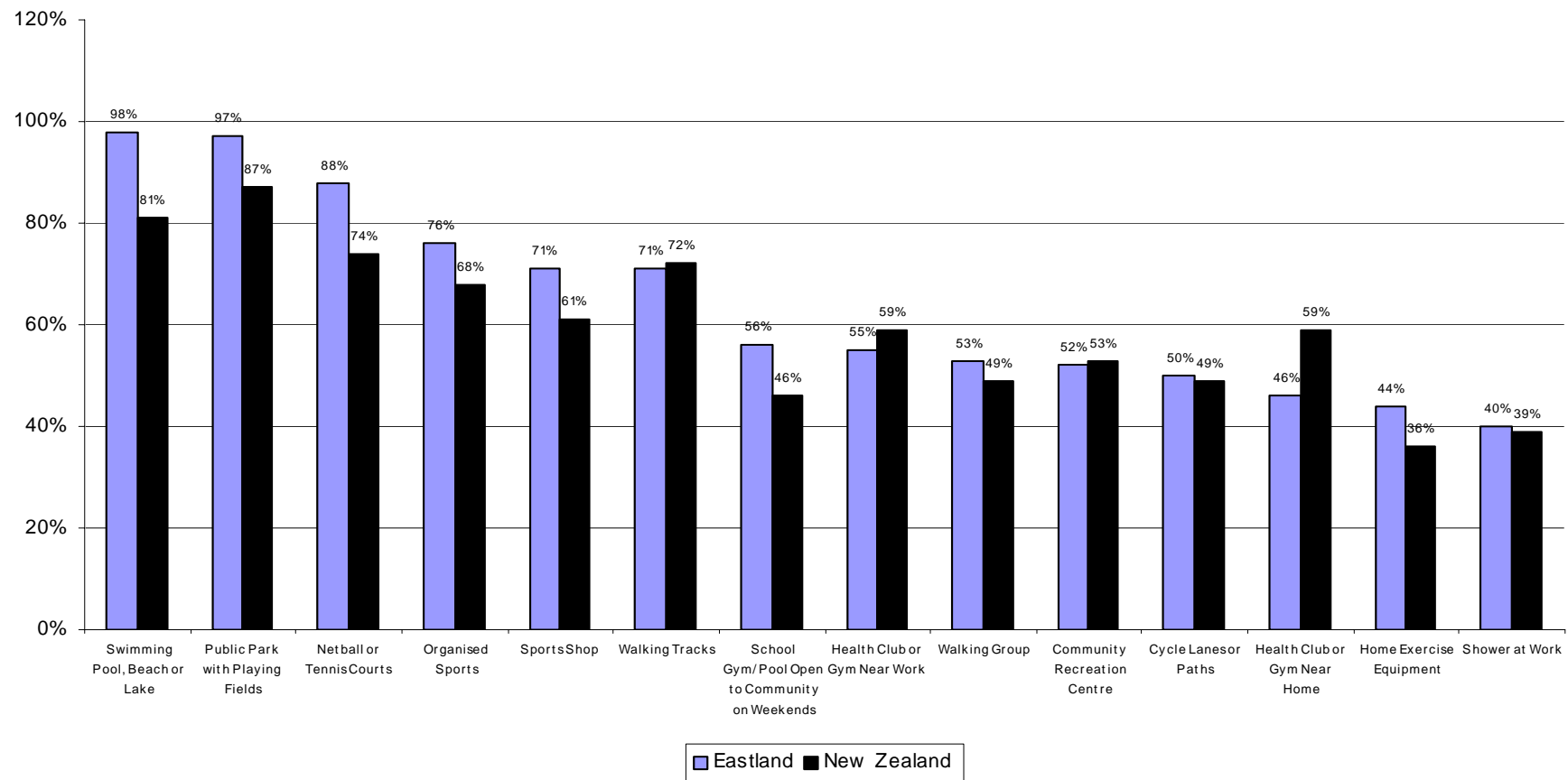
COMMITMENT and COMMUNITY BARRIERS



8

⁸ Obstacles to Action Eastland Region Survey 2004

AWARENESS OF ACTIVE RECREATION OPPORTUNITIES



Formal Active Recreational Opportunities by Township

Township	No. of Sports Clubs	Township	No. of Sports Clubs
Gisborne	84	Te Karaka	1
Hicks Bay	1	Te Puia	1
Makaraka	3	Tokomaru Bay	4
Makorori	1	Tolaga Bay	5
Matawai	2	Waerenga-a-Hika	2
Patutahi	4	Waihirere	1
Ruatoria	7	Wainui	8
Te Araroa	3	Wharekopae	1
		Unknown	25

From: Gisborne District Council Long Term Council Community Plan 2004 - 2014

Through community consultation, the Gisborne District Council will ascertain township priorities (Appendix A - Goal 1, Objective 1.3) in order to provide and promote opportunities and equipment for active recreation.

The installation of skate parks is an example of current township additions.

Current Membership Trends of Selected Sports (research ongoing)

	2005	2004	2003	2002	Season
❖ Rugby Senior	698				Winter
Junior	1,822				
❖ Waka Ama	320*	160*	130*		Year round
❖ Netball	1,560	1,550	1,490	1,660	Winter
❖ Bowls Indoor	104	109	118		Year round
Outdoor	**	554	645	591	
❖ Rowing	65	57	54	48	Summer
❖ Touch Rugby	***	1200	1000	1048	Summer
Rugby League: Senior	698	244			Winter
Junior	1,822	300			
❖ Hockey Senior	213	304	299	228	Winter
Junior	111	64	99	128	
Soccer: Senior	558				Winter
Junior	1,248				
❖ Surfing	70	65	85	100	Year round
❖ Surf Lifesaving	648		575		Summer
❖ Yachting	98	101	103	120	Year round
❖ Cricket	2,087	1,940	1,760		Summer
❖ Softball: Senior	120				Summer
Junior	240				
❖ Croquet / Golf Croquet	50	53	51	48	Year round
❖ Golf	534	565	565	527	Year round

* Still require numbers for two clubs.

** Data collected in December.

*** Data collected in October.

This table demonstrates trends in membership in a variety of sports. It will be used and regularly updated by the Gisborne District Council to prioritise resources (for these and other activities), in order to expand or improve Council Assets⁹. A variety of summer and winter activities have been selected whose membership ranges in age. (Most relate directly to Appendix A - Goal 1, Objective 1.5, increasing or decreasing the number of sports fields).

Informal active recreation has been excluded because it is difficult to quantify and is largely catered to through Parks and Reserves (Appendix C).

⁹ Gisborne District Council Asset Data






APPENDICES CONTENTS



- (A)** Monitoring and Review of the Strategy.
- (B)** Evaluation of the Gisborne District Council Active Recreation Strategy.
- (C)** Gisborne District Council Asset Data.
- (D)** Strategy and Facility Recommendations.
- (E)** 2004 LTCCP Submissions
- (F)** References


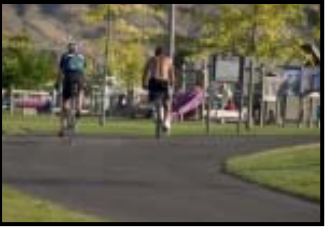
APPENDIX A - MONITORING and REVIEW OF THE STRATEGY

Using the Long Term Community Council Plan (LTCCP) to guide the strategy, the next review will take place in 2008 to be adopted in 2009

Goal 1: Provision

Objectives	Implementation	Timeline and Responsibility
<p>1.1 Gain policy support for the Active Recreation Strategy.</p> <p>Gain policy support and commitment to influence policies, plans, regulations, bylaws such that they support physical activity participation.</p> 	<p>Through the LTCCP process, undertake community consultation.</p> <p>Consider the impact of physical activity participation when approving policies, regulations, bylaws, plans, business plans and strategies.</p>  <p>To create an environment that encourages participation.</p> <p>Inform, provide opportunity and training for key officials, practitioners and managers responsible for transportation, urban design, air and water quality, parks, recreation, health and education about the priority to increase and benefits of increasing physical activity in the Gisborne District.</p>	<p>LTCCP consultation 2005.</p> <p>Gisborne District Council will consider this from 2005 - 2010.</p> <p>Gisborne District Council and other organisations and Service Providers from 2005.</p>
<p>1.2 Alignment of funding policies by major funding bodies.</p>	<p>Encourage major funding bodies to meet in order to align policies with the Active Recreation Strategy and the collaboratively prepared Tairawhiti Active Recreation Strategy.</p> <p>Use thorough processes to assess funding requests.</p> <p>Ensure funding recipients have clear accountability procedures.</p>	<p>Gisborne District Council to facilitate 2006.</p> <p>Ongoing from 2006.</p> 


<p>1.3 Ascertain township priorities for sport and active recreation reserves and equipment.</p>	<p>Complete audit of Recreational assets throughout district through the Asset Management Plan. The communities can identify priority equipment and reserve needs.</p>	<p>Gisborne District Council to complete in 2005/2006.</p>
<p>1.4 Encourage utilisation of existing facilities.</p>	<p>Council remain flexible on existing facility usage in order to meet the changing needs of the community. Maintain statistical resource of membership and trends.</p>	<p>LTCCP consultation 2005.</p>
<p>1.5 Reduction/increase of sports fields.</p> 	<p>Council could encourage sports to share grounds where practicable, for example, in order to reduce the number of sports grounds being maintained. Saved resources used to provide quality grounds, including artificial surfaces. Alternatively, Council to identify through trends in sports where more grounds are necessary.</p>	<p>Gisborne District Council to consider from 2005.</p>
<p>1.6 Aquatic recreation development</p> 	<p>Undertake a feasibility study and consultation in order to establish community ideas on maintenance of current facility or the development of a new complex. Develop a Management Plan for the Rockforte Olympic Pool Complex. Undertake public consultation of need for specialist flat water facility for rowing, waka ama etc. Investigate placement of a weir in Taruheru River. Risk assessment to be undertaken by Council to quantify current river usage.</p>	<p>Gisborne District Council will develop 2005/2006.</p>

<p>1.7 Encourage physical activity through the provision of accessible facilities and open spaces.</p>	<p>Encourage physical activity participation in facilities and open spaces through City Plan acquisition of appropriate open space and good design practice and policies such as the:</p> <ul style="list-style-type: none"> ❖ Open Space Strategy. ❖ Walking and Cycling Strategy. ❖ Gisborne District Combined Regional Land and District Plan (Appendix 22.0 Reserve Zones). ❖ Reserve Management Plans. ❖ GDC Dog Policy and Bylaws. 	<p>Gisborne District Council Open Space Strategy Implementation Plan¹⁰. Management Plans to be reviewed every 10 years. A review to be completed in 2008.</p>
<p>1.8 Create activity friendly physical environments.</p>  	<p>Continued investment in the development of walkways and cycle ways to encourage active commuting and recreation.</p> <p>The Open Space Strategy (2002) in 4.3.1 states “To provide and retain Neighbourhood Reserves:</p> <ul style="list-style-type: none"> ❖ within 700m walking distance for all residents of Gisborne City, and ❖ within the Arterial Loading hierarchy i.e. reserves and users should be contained within arterial roads.”¹¹ <p>All Neighbourhood Reserves should have appropriate play and sports equipment.</p> <p>Identify those playgrounds that need equipment (e.g. basketball hoops) for youth to undertake informal active recreation.</p>	<p>Gisborne District Council ongoing from 2005. Complete riverside walkway BY 2010. Implement Walking and Cycling Strategy.</p> <p>Implementation of the Gisborne District Council Open Space Strategy for Gisborne City and Wainui (2002-2022).</p> <p>The Gisborne District Council has identified that in the future a Reserve Contribution Strategy should be developed in order that financial contribution is made for facilities/infrastructure.</p>

¹⁰ Open Space Strategy Implementation Plan

¹¹ See Appendices 1 and 3 Location of Reserves

Goal 2: Access

Objective	Implementation	Timeline and Responsibility
<p>2.1 Continue to create activity friendly physical environments.</p>	<p>Continued planning, design and investment by the Gisborne District Council to ensure that the active recreational needs of each community are met within a reasonable timeframe.</p>	<p>The Gisborne District Council has identified that in the future a Reserve Contribution Strategy should be developed in order that the financial contribution made for facilities/infrastructure. Ongoing in Unit planning from 2006.</p>
<p>2.2 Enhance urban design and urban form to encourage physical activity</p> 	<p>Plan and design new residential areas, suburbs, streets and roads with the aim to encourage physical activity. Considerations should include housing density, street shape, traffic calming, noise reduction, park location, access to facilities, community connectivity, building design for accessible stairs.</p> <p>Enhancing urban form and design with reference to relevant documents such as the SPARC No Exceptions Strategy.</p>	<p>Gisborne District Council ongoing from 2005.</p> <p>Implementation of Walking & Cycling Strategy.</p>



Goal 3: Promotion

Objectives	Implementation	Timeline and Responsibility
<p>3.1 Promotion of initiatives through proven mediums. Increase people's awareness of the benefits of physical activity.</p>	<p>Raise community awareness by advertising activities in Medical Centres and over the radio, including the bi-lingual programmes.</p> <p>Through Council events or activities where the GDC is part of a collaborative effort, offer opportunities for target groups and entire population to see physical activity opportunities available to them.</p> <p>Increase awareness of the benefits of physical activity through clear, consistent, actionable messages. Help motivate people to be active by highlighting the social aspects.</p>	<p>From 2005 encourage all service providers to use community noticeboards at Medical Centres and on Radio.</p> <p>Gisborne District Council projects and initiatives identified through consultation from 2005.</p> <p>Festival (formerly Matariki).</p> <p>Autumn Arts Festival</p> <p>Rockforte Finance Olympic Pool Complex</p>
<p>3.2 Encourage Business Units and Entities partially funded by Council (e.g. Tourism Eastland) to undertake 'active' initiatives.</p>	<p>Council to assist through facilitation and collaboration.</p> <p>Encourage new events as well as hosting events during busy periods or where there is a 'captured audience' in the District for other activities.</p>	<p>Gisborne District Council to encourage from 2005.</p>
<p>3.3 Use education settings to encourage people to be active. Increase people's skills and opportunities to partake in active lifestyles.</p>	<p>Work with ethnic communities and physical recreation and sport providers to increase the accessibility and encourage participation in activities.</p>	<p>Gisborne District Council in collaboration with other groups. Priority groups are youth, Maori, Pacific Island people, those over 65 years and people with disabilities from 2006.</p>

3.4 Encourage workplaces to assist employees to have physically active lifestyles.



Promote the benefits of encouraging physical activity to employers “in house” activity and participation in ‘mercantile’ sports.

Specific target:

10% increase in activity levels.






A potential collaboration with the Tairāwhiti District Health Board, ACC, SPARC, OSH and The National Health Foundation to produce and distribute brochure listing benefits of active employees.

ACC and SPARC tip sheets to encourage active transportation to and from work.


Use motivational signage.

SPARC to conduct research at end of 2008.

Goal 4: Partnership

<p>4.1 Collaborate with Tairawhiti District Health : Te Mana Hauora o Te Tairawhiti to reach their targets.</p> 	<p>Assist by linking events and festivals to ongoing programmes that have interpersonal support like walking groups, Pacific Island church social groups and Marae social groups. Reinforce the importance of parent's role modelling good physical activity behaviour to youth.</p> <p>Specific targets:</p> <ul style="list-style-type: none"> ❖ 5% reduction in current childhood obesity rates. ❖ 5% reduction in avoidable admissions for heart disease and strokes. ❖ 80% of all eligible people are enrolled in the "Get Checked" programme. <p>In partnership complete an Expression of Interest for the SPARC Active Communities Initiative.</p>	<p>Gisborne District Council to incorporate into 2006 planning.</p> <p>Tairawhiti District Health: Te Mana Hauora o Te Tairawhiti to achieve by 2010.</p>  <p>Application completed in 2006.</p>
<p>4.2 Use Council networks to assist in resource distribution and encourage participation in initiatives.</p>	<p>Continue to assist the Regional Sports Trust to distribute SPARC and other resources.</p> 	<p>Gisborne District Council: Ongoing from 2005.</p>

APPENDIX B - EVALUATION OF THE GISBORNE DISTRICT COUNCIL ACTIVE RECREATION STRATEGY

Review	Monitoring	Outcomes
<p>Monitor and report on the Gisborne District Council Recreation Strategy</p> 	<p>Utilise the New Zealand Sport and Physical Activity Survey to monitor physical activity trends.</p> <p>Utilise the International Physical Activity Questionnaire (IPAQ) to provide trend data for the Gisborne District.</p> <p>Utilise the Global Physical Activity Questionnaire (GPAC)</p> <p>Report the kilometres of walkways and cycleways in the City and surrounds.</p> <p>Report on facilities and usage in the Gisborne District and ensure accessibility for the elderly and disabled.</p> <p>Report on water quality trends.</p> <p>Report on collaborative events and initiatives.</p>	<p>SPARC to conduct at end of 2008.</p> <p>10% increase in levels of activity.</p> <p>Gisborne District Council to compete every three years.</p> <p>Review appropriateness of IPAQ and GPAC as a monitoring device (2005/2006).</p> <p>Gisborne District Council completion of riverside walkway by 2006. Cycleway extensions.</p> <p>Budget for and complete facility upgrades by 2010.</p> <p>Review facilities/land usage for community development with existing programmes.</p> <p>Facilities are compliant with regulations and accessible to the elderly and those with disabilities.</p> <p>Gisborne District Council.</p> <p>Outcomes identified to be measured by Gisborne District Council Unit involved and organisation involved within an appropriate timeframe.</p>

APPENDIX C - GISBORNE DISTRICT COUNCIL ASSET DATA

Parks Buildings

Site Name	Asset Type	Comments
Adventure Playground	Jetty	Adventure Playground lake
Anzac Park	Boatramps	
Inner Harbour Boat Ramp	Pontoon - Floating	
Inner Harbour Boat Ramp	Boatramps	
Kaiti Beach	Boatramps	Yacht Club boat ramp
Marina	Boatramps	Main ramp built 1972 - Taruheru River
Tokomaru Bay Domain and Foreshore	Boatramps	Waima Road ramp - total combined area
Marina	Boatramps	Waimata River ramp built in 1985
Tolaga Bay Domain and Foreshore	Boatramps	Uawa River
Riverbanks - West	Jetty	Bright Street end
Riverbanks - West	Jetty	In front of Wi Pere monument
Beachfront	Boatramps	Boat ramp in front of Midway Surf Club
Botanical Gardens	Jetty	By Roebuck Road bridge - Taruheru River

Parks Play Equipment

Site Name	Asset Type	Comments
Abbott Street Reserve	Whole Playground	Combined materials
Abbott Street Reserve	Playground Under surface	
Abbott Street Reserve	Playground Edge	
Adventure Playground	Whole Playground	Combined materials
Adventure Playground	Modular-Modern Style	
Adventure Playground	Playground Under surface	
Adventure Playground	Playground Edge	
Ayton Park	Whole Playground	Combined materials
Ayton Park	Playground Under surface	
Ayton Park	Playground Edge	
Barry Park	Whole Playground	Combined materials
Barry Park	Playground Under surface	
Barry Park	Playground Edge	
Blackpool Reserve	Whole Playground	Combined materials
Blackpool Reserve	Playground Under surface	
Blackpool Reserve	Playground Under surface	

Site Name	Asset Type	Comments
Botanical Gardens	Whole Playground	Combined materials
Botanical Gardens	Playground Under surface	
Botanical Gardens	Playground Edge	
Centennial Crescent Reserve	Whole Playground	Combined materials
Centennial Crescent Reserve	Playground Under surface	
Centennial Crescent Reserve	Playground Edge	
Library Park	Whole Playground	Combined materials
Library Park	Playground Under surface	
Beachfront	Whole Playground	Combined materials
Beachfront	Playground Under surface	
Beachfront	Playground Edge	
Doneraile Park	Whole Playground	
Doneraile Park	Playground Under surface	
Doneraile Park	Playground Edge	
Matawai Recreation Reserve	Whole Playground	Combined materials
Ormond Domain	Whole Playground	Combined materials
Ormond Domain	Playground Under surface	
Ormond Domain	Playground Edge	
Ormond Domain	Playground Edge	
Patutahi Recreation Reserve	Whole Playground	Combined materials
Patutahi Recreation Reserve	Playground Under surface	
Patutahi Recreation Reserve	Playground Edge	
Rere Falls Scenic Reserve	Whole Playground	
Rere Falls Scenic Reserve	Playground Under surface	
Rere Falls Scenic Reserve	Playground Edge	
Te Karaka Domain	Whole Playground	Combined materials
Te Karaka Domain	Playground Under surface	
Te Karaka Domain	Playground Edge	
Anzac Park	Whole Playground	Combined materials
Anzac Park	Playground Under surface	
Anzac Park	Playground Under surface	Rubber mats
Anzac Park	Playground Edge	
Atkinson Street Reserve	Whole Playground	Combined materials
Atkinson Street Reserve	Playground Under surface	
Atkinson Street Reserve	Playground Edge	
Coldstream Reserve	Whole Playground	
Coldstream Reserve	Playground Under surface	
Coldstream Reserve	Playground Edge	

Site Name	Asset Type	Comments
Emily Street Reserve	Whole Playground	Combined materials
Emily Street Reserve	Playground Under surface	
Emily Street Reserve	Playground Edge	
Grant Road	Whole Playground	Combined materials
Grant Road	Playground Under surface	
Grant Road	Playground Edge	
Heath Johnston Park	Whole Playground	Combined materials
Heath Johnston Park	Playground Under surface	
Heath Johnston Park	Playground Edge	
Ida Road Reserve	Whole Playground	Combined materials
Ida Road Reserve	Playground Under surface	
Ida Road Reserve	Playground Edge	
Kaiti Beach	Whole Playground	
Kaiti Beach	Playground Under surface	
Kaiti Beach	Playground Edge	
London Street Reserve	Whole Playground	Combined materials
London Street Reserve	Playground Under surface	
London Street Reserve	Playground Edge	
Lysnar Domain	Whole Playground	Lysnar Domain - Pines
Lysnar Domain	Playground Under surface	Pines playground
Lysnar Domain	Playground Edge	Pines playground
Lysnar Domain	Whole Playground	Wairere Road - "No Access"
Lysnar Domain	Playground Under surface	Wairere Road - "No Access"
Lysnar Domain	Playground Edge	Wairere Road - "No Access"
Lytton West Reserve	Whole Playground	Combined materials
Lytton West Reserve	Playground Under surface	
Lytton West Reserve	Playground Edge	
Makorori Reserve	Whole Playground	Combined materials
Makorori Reserve	Playground Edge	
Makorori Reserve	Playground Under surface	
Mangapapa Reserve	Whole Playground	Combined materials
Mangapapa Reserve	Playground Under surface	
Mangapapa Reserve	Playground Edge	
Martin Street Reserve	Whole Playground	Combined materials
Martin Street Reserve	Playground Under surface	
Martin Street Reserve	Playground Edge	
Mary Street	Whole Playground	
Mary Street	Playground Under surface	

Site Name	Asset Type	Comments
Mary Street	Playground Edge	
Nelson Park	Whole Playground	Combined materials
Nelson Park	Playground Under surface	
Nelson Park	Playground Edge	
Rutene Road Reserve	Whole Playground	Combined materials
Rutene Road Reserve	Playground Under surface	
Rutene Road Reserve	Playground Edge	
Sponge Bay Reserve	Whole Playground	Combined materials
Sponge Bay Reserve	Playground Under surface	
Sponge Bay Reserve	Playground Edge	
Kaiti Hill/Titirangi	Whole Playground	Combined materials
Kaiti Hill/Titirangi	Playground Under surface	
Kaiti Hill/Titirangi	Playground Edge	
Waiteata Park	Whole Playground	Combined materials
Waiteata Park	Playground Under surface	
Waiteata Park	Playground Edge	
Small Reserves Cook North	Whole Playground	Cook Street Reserve - Tolaga Bay
Small Reserves Cook North	Playground Under surface	Cook Street Reserve - Tolaga Bay
Small Reserves Cook North	Playground Edge	Cook Street Reserve - Tolaga Bay
Tokomaru Bay Domain & Foreshore	Whole Playground	Combined materials
Tokomaru Bay Domain & Foreshore	Playground Under surface	
Tokomaru Bay Domain & Foreshore	Playground Edge	
Ruatoria	Whole Playground	Combined materials
Ruatoria	Playground Under surface	
Ruatoria	Playground Edge	
Te Puia Domain	Whole Playground	Combined materials
Te Puia Domain	Playground Under surface	
Te Puia Domain	Playground Edge	
Tikitiki	Whole Playground	Combined materials
Tikitiki	Playground Under surface	
Tikitiki	Playground Edge	
Te Araroa Domain	Whole Playground	Combined materials
Te Araroa Domain	Playground Under surface	Old Landfill
Te Araroa Domain	Playground Edge	
Hicks Bay – Miscellaneous Reserves	Whole Playground	On school property - combined materials

Site Name	Asset Type	Comments
Hicks Bay – Miscellaneous Reserves	Playground Under surface	
Hicks Bay – Miscellaneous Reserves	Playground Edge	
Waikirikiri Reserve	Whole Playground	Combined materials
Waikirikiri Reserve	Playground Under surface	
Waikirikiri Reserve	Playground Edge	
Waihirere Domain	Whole Playground	Combined materials
Waihirere Domain	Playground Under surface	Total area of 8 mats

Parks Sports Equipment

Site Name	Asset Type	Comments
BMX Park Lytton Road	BMX Track	Area of track and surrounds - 6100m ² . Actual length of track - 415m
BMX Park Lytton Road	BMX Track	Starting ramp - total combined area
Langford/Fallon Reserve	BMX Track	Mountain bike tracks
Te Karaka Domain	Court-Other	Basket ball pad
Te Karaka Domain	Hoop-Std Fixed Hoop	Basketball hoop
Te Karaka Domain	Skate-Pad	Skate park
Atkinson Street Reserve	Court-Other	Basket ball pad
Atkinson Street Reserve	Hoop-Std Fixed Hoop	Basketball hoop
Kaiti Memorial Park	Court-Other	Basket ball pad
Kaiti Memorial Park	Hoop-Std Fixed Hoop	Basketball hoop
Kaiti Memorial Park	Skate-Pad	Skate park - total combined area
Beachfront	Court-Tennis	New surface in 1998
Oval Reserve	Court-Tennis	Built in 1998
Te Arai Reserve	Court-Tennis	
Harry Barker	Cricket Net with mesh	Total area is for all 6 nets
Nelson Park	Cricket Wickets	Artificial cricket wickets
Kaiti Hill/Titirangi	Fitness Stations	
Heath Johnston Park	Goal-League/Rugby Senior	
Waikirikiri Reserve	Goal-League/Rugby Senior	
Waikirikiri Reserve	Court-Other	
Waikirikiri Reserve	Hoop-Std Fixed Hoop	
Churchill Park	Hoop-Std Fixed Hoop	Sand running track
Patutahi Recreation Reserve	Court-Other	Basket ball pad
Patutahi Recreation Reserve	Hoop-Std Fixed Hoop	Basketball hoop
Alfred Cox Park	Skate-Pad	
Matawai Recreation Reserve	Skate-Pad	

Site Name	Asset Type	Comments
Ruatoria	Skate-Pad	Skatepark
Ruatoria	Court-Other	Basketball court
Ruatoria	Hoop-Std Fixed Hoop	Basketball hoop
Small Reserves Cook North	Skate-Pad	Cook Street Reserve - Tolaga Bay - skatepark total combined area
Small Reserves Cook North	Court-Other	Cook Street Reserve - Tolaga Bay - basketball court
Small Reserves Cook North	Hoop-Std Fixed Hoop	Cook Street Reserve - basketball hoop
Small Reserves Cook North	Goal-League/Rugby Senior	League field - Tolaga Bay
Te Araroa Domain	Skate-Pad	Skatepark
Tikitiki	Skate-Pad	Skatepark
Tokomaru Bay Domain & Foreshore	Skate-Pad	Skatepark - total combined area
Tokomaru Bay Domain & Foreshore	Court-Other	Basketball pad
Tokomaru Bay Domain & Foreshore	Hoop-Std Fixed Hoop	Basketball hoop
AML	Motorcross Track	Motocross track
Te Puia Domain	Court-Tennis	Tennis courts (old)
Blackpool Reserve	Court-Other	Basketball pad
Blackpool Reserve	Hoop-Std Fixed Hoop	Basketball hoop

12



APPENDIX D - STRATEGY and FACILITY RECOMMENDATIONS

Aquatic Strategy

An aquatic strategy must be considered as a future addition to the Gisborne District Council Active Recreation Strategy.

There is a recognised need for an appropriate aquatic recreation facility for those sports and recreation pursuits requiring relatively large areas of water. Initial recommendations have been made to Council, public discussion will follow.

As part of the Combined Regional Land and District Plan (which is not completely operative) there are the Riparian Management and Coastal Environment Overlays. (The CRLDP is reviewed every 10 years). These overlays govern the activity near river and coastal frontage. Although not overtly related to active recreation, these overlays have an affect because of potential debris in the Districts rivers and on the beaches. (The GDC also has a Discharges Plan).

The Gisborne District Recreational and Shellfish Gathering Water Strategy, (reviewed annually) another Council monitoring document, monitors the microbiological levels and debris in the waterway. This is necessary to ascertain the accessibility and utilisation levels¹³.

Currently a Risk Assessment is being conducted (due to be completed in 2005/2006) under the National Pool and Harbour Safety Code. The outcome of which will be a Safety Plan which minimises significant risk to navigation safety.

Several issues related to aquatic recreation are:

- ❖ The outcomes of the Risk Assessment
- ❖ Microbiological levels in identified / tested areas
- ❖ Sediment loadings
- ❖ River and beach access
- ❖ Boat and waka ramps
- ❖ Waka ama storage facilities (at Hearings stage)
- ❖ Awapuni lagoon development
- ❖ Water safety
 - vessel safety
 - congestion (people and vessels)
 - water quality
- ❖ The Rockforte Finance Olympic Pool Complex
- ❖ The Seabed and Foreshore Act



¹³ See Appendices Maps 8 and 9

Other Initiatives

Initial planning between the Tairāwhiti District Health Board and the Gisborne District Council is underway to establish what health initiatives are currently being undertaken in schools. Any initiatives that result from this research will fit with the education regulations, announced by the Hon Trevor Mallard, Minister of Sport and Recreation in October 2004, to be instituted from the beginning of 2006¹⁴. Several other Health/Council collaborations are already underway.



Additionally an independent feasibility study should be conducted to see if a multi-purpose stadium / sports facility is a viable, sustainable option for the Gisborne District. Several proposals have been put forward over the last decade.

¹⁴ Ministry of Education, Health and Physical Education in the New Zealand Curriculum and SPARC's Active Movement (2004) and Active Schools (2005)

APPENDIX E - 2004 LTCCP SUBMISSIONS

Although Active Recreation was not canvassed for specifically, the following are submissions made to the Gisborne District Council for the Long Term Council Community Plan (LTCCP).

- (1) Would like play equipment upgraded and made safer/child friendly.
- (2) Small indoor pool at Olympic complex not ideal for small children.
- (3) Management options, increasing activities and lessening the rates burden of the Olympic Pool complex.
- (4) Pre-School activities.
- (5) Tenpin bowling.
- (6) Family events.
- (7) Bigger YMCA gym.
- (8) More sporting opportunities.
- (9) Make a burnout pad for boy racers and a permanent drag strip.
- (10) Wave pool.
- (11) Artificial reef in town beaches.
- (12) Make an open basketball court. There is a place for rugby, netball soccer etc nowhere to play basketball. So many people play but you have to go to the YMCA and it's never guaranteed and it costs \$4 to play. It is a popular sport in Gisborne but it's not very well recognised.
- (13) Promote the Pacific Coast Highway and motor home tourism all year round. Need more dump stations and existing stations need modification, could be subsidised by NZMCA.
- (14) Why spend \$ on cabins at Waikanae Holiday Park if considering relocating.
- (15) Need more positive thinking staff in your planning team. Don't have to wait for other areas to do it first.
- (16) Disability access and affordable and reliable public transport (esp. to seasonal work).
- (17) Focus on intergenerational cycles of disadvantage (debt related issues), childcare, licensed drivers and economic development in rural communities.
- (18) Whereabouts of plan for increasing accessibility to community events for all people. Feels disabled people not catered for. States specific objectives of the NZ Disability Strategy.
- (19) Develop Awapuni lagoon as aquatic centre.

- (20)** Wants the Taruheru River (from Peel Street Bridge to Lytton Road) cleaned out, a weir located near the Peel Street Bridge to form recreational area and improve look of the river.
- (21)** Beach inner harbour and river mouth are assets to be developed.
- (22)** Continue river walkway to Botanical gardens (create boardwalk); east to Waikanae and Midway.
- (23)** Favour planned walking/cycling projects. Gisborne perfect for cycling culture – need bicycle road markings / CBD bike stands.
- (24)** Improve CBD lighting in areas already identified by City Safe.
- (25)** The health sector of the Gisborne District is driven by the Strategic Health Plan for the Tairāwhiti District 2002-07 and drives the district annual planning process. It was informed in part by a needs assessment developed in 2001. The intention is to review the assessment and as a consequence the Plan in the 2004-05 year. We are keen to work alongside the Council in the development of our Plan because we share a statutory responsibility to promote and conserve public health in the district.
- (26)** Waiting to hear back on promised feasibility study into a community recreation centre at Waikirikiri Reserve. Recommend that GDC include a large indoor recreation centre in the ten-year plan based at Waikirikiri Reserve if feasibility study considers it suitable.
- (27)** Recommended that Council enter into discussions to secure Kaiti Memorial Hall as an interim Kaiti Community Centre.
- (28)** Needs full intersectional involvement of GDC, GISCOSS, DHB and other service organisations including Maori.
- (29)** Management plans for Anzac Park, Marina Park and Fitzherbert Street road end. Request for an up-to-date management plan on Waihirere Reserve.
- (30)** The Regional-wide Active Recreation Strategy, is this not duplicating a service that Sport Gisborne are funded for?

APPENDIX F - REFERENCES

- ~ Children and Young People: Indicators of Wellbeing in New Zealand. Ministry of Social Development
- ~ Statistics Report 1999, Ministry of Social Policy
- ~ Work and Income: Te Hiranga Tangata – Summary, Regional Plan for 2003/2004
- ~ Work and Income: Te Hiranga Tangata – East Coast Regional Plan for 2004/2005-06-27
- ~ Gisborne District Council Recreation Plan 1998-2003
- ~ Gisborne District Combined Regional Land and District Plan and Appendix, Post-decisions annotated version, July 2000
- ~ Gisborne District Council Open Space Strategy For Gisborne City and Wainui, 2002-2022
- ~ Gisborne District Council Walking and Cycling Strategy 2004
- ~ Gisborne District Council Long Term Council Community Plan 2004-2014
- ~ Walks of the Eastland Region (www.gisbornenz.com)
- ~ The Burden of Disease and Injury in New Zealand, Ministry of Health Manatu Hauora 2001
- ~ Healthy Eating – Healthy Action: Oranga Kai – Oranga Pumau: Implementation Plan: 2004-2010
- ~ NZ Food NZ Children Findings of the 2002 National Children’s Nutrition Survey. Ministry of Health Manatu Hauora 2003.
- ~ A Snapshot of Health, Provisional Results of the 2002/03 New Zealand Health Survey, Ministry of Health
- ~ New Zealand Health Information Service
- ~ Tairāwhiti Health Needs Assessment Update 2001
- ~ Tairāwhiti Health Needs Assessment, 2005 Update
- ~ An Assessment of Health Needs in the Tairāwhiti District Health Board Region: Te Tirohāngi Hauora O Te Tairāwhiti
- ~ Tairāwhiti Conservation Quorum, Winter 2004
- ~ SPARC No Exceptions Strategy
- ~ The New Zealand Herald
- ~ Gisborne Economic Monitor, Issue No. 78, April 2005
- ~ Labour Market Report, Gisborne, March 2005
- ~ New Zealand Positive Aging Strategy 2001
- ~ People+Places+Spaces A design Guide for Urban New Zealand. Ministry for the Environment Manatu Mo Te Taiao