



The Equality Standard  
A Framework for Sport

# NEWS

Edition 38 May 2008

**A monthly e-news publication  
supported by all Sports Councils**

## **Welcome**

Hello and welcome to the 38th newsletter. Since the introduction of the Standard in late 2004, it has always been a concern, for some, that those able to submit applications has been fairly much limited to organisations prioritised by one of the Sports Councils. The good news is that the Central Council of Physical Recreation (CCPR) has successfully bid to the Equality and Human Rights Commission (EHRC) for funding to support their members in working towards the Foundation level. The Equality Standard Advisor support for organisations, which will be provided by Vaga Associates, will consist of one-to-one advice, collective workshops, help via telephone/email, equality training and assessment of their submission. The first collective workshop will be held on 1 July at the CCPR offices. The funding is limited and it is envisaged that around 15 organisations will be able to benefit. Any CCPR member, that is not already receiving support towards the Standard via one of the Sports Councils, and is interested in working towards the Foundation level, should contact Helen Davies on 020 7976 3928 or via email: [HDavies@ccpr.org.uk](mailto:HDavies@ccpr.org.uk).

Please forward this newsletter to anyone you think may be interested and get them to contact [roger@vagaassociates.com](mailto:roger@vagaassociates.com) if they would like a copy sent directly to them.

The main features in this edition are:

- Increasing the opportunity for people to cycle
- Extending sport and physical activity provision for young people
- The bravery of sportscotland staff!
- Paralympic preview
- A variety of general information of interest and new resources of use
- Calendar of forthcoming events.

## ***CTC Cycling Champions project***

Our thanks to Barry Jordan, equality champion on the Cyclists' Touring Club (CTC) National Council, for providing the article below.

The CTC received a major grant of £4.5 million from The BIG Lottery fund. This enabled us to embark on our CTC Charitable Trust's Cycling Champions programme. We are part of a consortium of leading walking, cycling and health organisations. The Consortium is lead by Sustrans and includes programmes by CTC, Living Streets, London Cycling Campaign, the Ramblers Association, Transport 2000 and Walk 21. We are delivering a portfolio of projects that will enable 2 million people to become more physically active by walking or cycling as part of their daily lives. British Cycling, Cycling England, the National Heart Forum and the National Obesity Forum are supporters of the programme.



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CTC's programme is particularly targeted at bringing cycling to sections of society that are known to have lower physical activity levels and are less likely to choose cycling as a lifestyle or transport choice. These include groups such as: older people, people with disabilities, women and ethnic minorities. In each location CTC Charitable Trust will be working with a range of local partners who will host the development officers and build on existing programmes. The funding has enabled CTC to employ 13 development officers for four years in 13 locations across England. These are Sefton, Manchester, Rochdale, Bradford, North Yorkshire, Sheffield, Derby, Leicester, Wolverhampton, Colchester, Swindon, Reading and North Hampshire.

The funding for CTC Charitable Trust will enable us to set up a complete development programme to support the people who champion cycling at a local level, the groups, leaders, trainers, charities, health trusts and local authorities that have great ideas for bringing cycling to their communities but need resources and support from someone like CTC to get started. Through them we will see thousands more people getting started on a more physically active lifestyle. We will also create a complete toolkit for developing local cycling that can be available nationally.

On Wednesday 16 April, I visited Reading to see CTC development officer Helen Biggerstaff launch her weekly 'Cycling Disability Group' at Palmer Park Reading. Helen has purchased a range of adapted cycles so that local people from day care centres etc can enjoy the FUN and health benefits of cycling.

The term "champions" is used widely as a sort of shorthand for a supporter of initiatives like this. We know of school champions, health champions, equality champions and all sorts of similar roles. In our terms we mean the leading contacts that support the introduction or development of cycling within their communities, either voluntarily or as part of their work. They need not be cyclists themselves, but they are the supporters we need to find to make cycling activities possible.

For further information about the work of CTC, visit the Website at [CTC Homepage](#).

### ***"PE and school sport: The quiet revolution"***

Our thanks to James Webb, Senior Press Officer at the Youth Sport Trust, for providing the article below.

### **"The story so far"**

PE and school sport, as many observers have suggested in recent years, has been enjoying a quiet revolution.



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Indeed, findings from consecutive School Sport Surveys – the government-commissioned independent study which annually measures the provision of PE and school sport – support these claims.

In 2003/04, the first School Sport Survey found that 62 per cent of young people were hitting the Government's target of taking part in at least two hours of high quality PE and school sport a week. In 2007, that figure had risen to 86 per cent, beating the Government's 2008 target of 85 per cent a full year ahead of schedule.

The schools and growing network of School Sport Partnerships which have achieved this incredible progress are working with the Youth Sport Trust to ensure that this momentum is not lost. Schools are also now offering a wider variety of activities during PE lessons along with an increased provision of after-school sport through improved school-club links. As a result more young people are participating, while those who want to coach, volunteer, officiate or seek the challenges offered through improved competitive sport are also finding more doors opening up to them.

### **“The impact in the classroom”**

The benefits of engaging more young people with PE and sport are also being seen in the classroom. Improved academic achievement across the curriculum, better classroom behaviour, increased school attendance and raised pupil self-esteem can all be directly linked with greater levels of participation in PE and sport.

Schools are also finding new and innovative ways to use sport as a tool to drive up whole school standards and raise attainment in the core subjects of English, mathematics and science. Swimming lessons and trampoline classes are used to explain forces and movement in physics, while sports pitches and dimensions help develop geometry skills in Maths. Some pupils even have to converse with each other in French and German during PE lessons to improve their foreign language skills.

### **“2012 Olympic and Paralympic Games”**

If a further incentive were needed for those people responsible for delivering PE and school sport to continue building on this success, London's winning bid for the 2012 Olympic and Paralympic Games has provided it. Since that announcement much of the national focus, particularly in the media, has been about identifying Britain's potential medallists in 2012.

But aside from the elite level, the potential London 2012 can offer in inspiring greater participation at the grassroots and at school level has become a real focus for those responsible for delivering the national school sport strategy.



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Initiatives such as the nationwide Young Ambassador programme, which is managed by the Youth Sport Trust and empowers young people to become role models in their own schools and communities, are spreading the message that the Olympic and Paralympic Games can be used to inspire other young people and help them understand the benefits of sport and an active lifestyle.

With the world's biggest sporting event coming to these shores in four year's time, combined with the achievements made thus far in schools, the Government has increased its two-hour target to five hours of sport every week - two hours within school time and a further three hours outside of school.

### **“The five-hour offer”**

When announcing this new five-hour target last summer as part of his wider plans to create a world-class PE and school sport system, Prime Minister Gordon Brown called for a “united team effort” to make sport a part of every child's day. Mr Brown outlined his desire to build a fitter and greater sporting nation with a greater emphasis on competitive sport within and between schools, a network of competition managers and a new National School Sport Week. The Prime Minister added that for all this to be achieved, “everyone would need to do their bit, from the Government and the sporting world to schools, parents and volunteers”.

The creation of a world-class PE and school sport system to rival the best in the world is the ultimate aim and considerable progress has been made, but those tasked with the job acknowledge that for this to happen the emphasis must shift from good to great.

### **“The next steps”**

There is now a greater desire to create more and better opportunities for more young people to participate, perform, lead and volunteer in PE and school sport and progress seamlessly into community sport. Competitive sport is on the up with events like the UK School Games becoming the pinnacle for elite young athletes of school-age to aspire to. More support is being offered by schools to their gifted and talented athletes through initiatives like the Junior Athlete Education (JAE) programme. Plans to create a national network of competition managers, tasked with modernising competitive sport for young people, are forging ahead, while national governing bodies of sport are creating sustainable, positive change in their structures.

The creation of the first ever National School Sport Week – a week-long celebration of PE and sport which kicks off on Monday 30 June – will see schools across England engaging millions of children.



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This government initiative, which is being driven by the Youth Sport Trust and supported by Norwich Union, will see pupils being set the task of coming up with the most innovative activity and is a great example of the recognition which is being given to all that has been achieved in PE and school sport in recent years.

For more information on the delivery of PE and school sport please visit:

[www.youthsporttrust.org](http://www.youthsporttrust.org)

[www.culture.gov.uk](http://www.culture.gov.uk)

[www.dfes.gov.uk](http://www.dfes.gov.uk)

[www.teachernet.gov.uk](http://www.teachernet.gov.uk)

or any of the Home Country Sports Council Websites.

### ***Sportscotland staff “walk the walk”***

Or should that be “swim, cycle and run”? Jill Bennett and Kristi Long are among a number of sportscotland staff who have decided to practice what they preach and will be taking part in the Tri For The Heart event on 21 June. You just know that we’ll be expecting a contribution to the July newsletter!!

Our thanks to Alison Lunn, Hearts First Events Organiser at British Heart Foundation Scotland, for the following information.

Brand new for 2008 British Heart Foundation (BHF) Scotland’s Tri For The Heart is a three activity challenge open to women of all ages and abilities. The event is designed to be both fun and challenging involving 3 different activities, swimming, cycling & running, so you don’t have time to get bored. It is a continuous event so the challenge is to move from one activity to the next as quickly as possible.

The event takes place on Saturday 21<sup>st</sup> June 2008 at the spectacular Stirling University Campus surrounded by the Ochil Hills and with views of Stirling Castle and the Wallace Monument. Distances are manageable for most people, 75m splash in the crystal clear swimming pool, 3km ride past the Wallace monument and 800m stride within the University Campus.

The event came about through the desire of the British Heart Foundation Scotland to create a new type of event that would appeal to women whilst also highlighting the benefits of exercise and the work undertaken by the Charity. The event is aimed at women and their friends, with the format designed to make it as enjoyable as possible for them, give them the chance to meet other like minded individuals and also raise vital funds for the Charity.



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A triathlon style event was chosen because it involves three distinctly different activities, allowing the participants to prepare for the event using a range of activities without specialising in any one.

This event is part of the British Heart Foundation Hearts First Event Series. This series includes a large variety of events from Jogs, walks, cycles, swims and challenge events. It is the only event in the series that is for women only and is the only event to include multiple disciplines. It is hoped that this event is the first of what will become a key format for the charity in the future that will be replicated in other locations within the UK.

BHF Scotland is the nation's heart charity, dedicated to saving lives every day through pioneering research, caring for patients and families, campaigning for change and providing vital information to help people care for their own heart health.

If you are interested in the women's only Three Activity Challenge then more details can be found at [www.bhf.org.uk/trifortheheart](http://www.bhf.org.uk/trifortheheart) or call 0800 028 7542.

Stephen Moffatt, Director of Equity at triathlonscotland, said:  
"Triathlon Scotland are delighted that the British Heart Foundation have chosen to organise a triathlon to raise funds and to highlight the benefits of exercise to women. As an organisation we are keen to attract women to our sport as part of our on-going aim to make triathlon as open and inclusive to all as we can. Increasing the participation of women is a key area of our current equity action plan, details of which can be found on our website [www.triathlonscotland.org](http://www.triathlonscotland.org). We hope that all the participants enjoy their multisport experience and that it proves to be a starting point for future training and competition for many women."

### ***2008 Paralympic World Cup report***

Close to 400 athletes from 45 countries took part in this years Paralympic World Cup event in Manchester. 49 medals across the 4 disciplines were won by British athletes:

- Athletics – 5 gold, 5 silver and 7 bronze
- Cycling – 9 golds, 3 silver and 4 bronze
- Swimming – 7 golds, 4 silver and 3 bronze
- Wheelchair Basketball – 1 silver (men's) and 1 bronze (women's).

Liz Nicholl, UK Sport's Director of Elite Sport, said: "For the four sports competing at the event, this was ideal preparation and a good quality competitive experience just a few months out from Beijing. The event was notable for a record delegation of athletes from China, and there is little doubt that they will be a major force on their home ground in September."



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## **Athletics**

World record holder David Weir, fresh from winning his fourth London Marathon title in April, won 2 of the athletics golds. He bettered his own championship record for the T54 1500m, crossing the line in 3 minutes 14.87 seconds. He then went on to win his second gold in the T54 400m.

Manchester's own 18-year-old Ian Jones took gold in the T44 400m winning in 52.48 seconds, just over four seconds faster than the silver medallist. Jones however had to settle for bronze in the 100m.

Aberdeen's Neil Fachie won silver in the T12/13 400m, an event he usually doesn't compete in. "I really had no idea what to expect in the 400m, so to be where I was on the straight was a shock, I just held on to take the silver," Fachie said, and then continued: "I really don't like the 400m but if I'm going to do well at it maybe I'll have to rethink."

In the field events, Paralympian Chris Martin, showed he is back to form, winning gold in the seated discus throw. He threw 27.93m to take the gold ahead of team-mate Richard Schabel, who won bronze with a PB of 9.67, in the multi-classification contest.

Athens silver medallist Dan West then continued Britain's winning form, taking the gold in the seated shot competition with a personal best throw of 11.13m.

North Wales athlete Beverley Jones took silver with a throw of 10.26m in the F37/38 shot put competition.

## **Cycling**

38-year-old Darren Kenny was in impressive form winning 3 golds in the LC3/4 and CP3/4 3km pursuit, the 1km event and the team sprint. The 1km event saw a British clean sweep with Manchester's Rik Waddon winning silver and Simon Richardson taking bronze.

Paralympic champion tandem pairing Aileen McGlynn and Ellen Hunter won 2 golds in the women's B/VI tandem 1km event and 3km pursuit. McGlynn said: "Things are going well in the run up to Beijing – we've progressed a lot in the last four years and we're feeling stronger the more we prepare."

Tandem pairing Anthony Kappes and Jon Norfolk also won 2 golds, on both occasions beating judo-player turned cyclist Simon Jackson into second place in his first major competition as a cyclist.

Simon's pilot rider is Barney Storey. Barney's wife, Sarah Storey (nee Bailey) took gold in the LC1/2 3km pursuit.



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Storey's former swimming team mate Jody Cundy, who switched from the pool to the track two years ago, was also in medal winning form, taking gold in the LC1/CP4 1km event ahead of British team-mate Mark Bristow with the bronze. Both Jody and Mark were also part of the winning sprint team with Darren Kenny.

Although Britain beat a number of world records, it is unlikely they will become ratified due to the absence of anti-doping officials required to ratify the records.

## **Swimming**

Britain's swimmers celebrated official selection for the Beijing 2008 Paralympic Games. youngster Sam Hynd showed he was in impressive form ahead of his first Paralympic Games by lowering his own world best in the S8 400m freestyle to comfortably win gold.

Another athlete selected for their first Paralympics is Heather Frederiksen, who stormed to victory in the women's S8 100m backstroke in a world record time of 1 minute 17.41 seconds, beating world champion Jessica Long of USA, who took the bronze.

David Roberts, who won four golds and one silver at the Athens 2004 Paralympic Games, won gold, for the men's S7 50m freestyle.

Paralympic champion Natalie Jones beat her own world record in the SM6 200m individual medley, lowering the standard to 3 minutes 5.72 seconds to take the gold. She beat British team-mate Nyree Lewis into silver medal position.

Nyree's other half Sascha Kindred, who has just been selected for his fourth Paralympics, then stepped up to take gold in the SM6 200m individual medley.

Bridgend swimmer Rhiannon Henry bettered her own British record in the S13 100m butterfly to take Britain's next gold, while Jim Anderson comfortably won the S2 50m freestyle to increase Britain's gold medal haul even further.

The fourth world record of the day was the only one not set by a British athlete and went to Shireen Sapiro of South Africa in the women's S10 100m backstroke.

## **Wheelchair Basketball**

Britain's men's wheelchair basketball team fought a tough contest against the USA to eventually take silver in a tense 58-60 final. Both teams were neck-and-neck throughout the final with the deciding points being scored in the last few seconds.



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Top scorer for GB with 28 points and 18 rebounds was Simon Munn. He said: "I'm disappointed that we lost by just two points. We made some school-boy errors and we've got some things to work on but there are a lot of positives that we can take from this week."

Britain's women managed to come back from their semi-final disappointment in losing to China to beat Brazil and win bronze before China were then defeated in the gold medal match by Holland.

Team member Clare Strange said: "We are disappointed we didn't make the final, our aim was to finish in the top two, but we are pleased we nailed the bronze."

For further information about the 2008 World Cup event, click on [www.paralympics.org.uk](http://www.paralympics.org.uk).

### ***A selection of general information of interest.***

This section contains information that may be of interest as well as useful new resources.

### **Equality and diversity checklist**

The Improvement and Development Agency (IDeA) have developed an equality and diversity checklist to support applications to round 10 of the Beacon scheme. The list is by no means exhaustive but may be a useful prompt to readers as it covers:

- Leadership, vision and strategy
- Community and customer engagement
- Actions
- Partnerships
- Outcomes.

To view the checklist and equality-related example answers from previous rounds, click on [Checklist](#).

### **Grass Roots Football LIVE**

Kick it Out is teaming up with Grass Roots Football LIVE to deliver a series of seminar panel sessions to help black, Asian and other minority communities progress within the game. Grass Roots Football LIVE, aimed at players, coaches, clubs and leagues involved at all levels of grassroots football, takes place at Birmingham's NEC from Friday 30 May to Sunday 1 June.



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Seminars include:

- a discussion on the issue of under-representation of the Asian community in the professional game
- a debate on the issues faced by the BME community in becoming coaches and managers at all levels of the game.

For more information visit [www.grassrootsfootball.co.uk](http://www.grassrootsfootball.co.uk).

## **The Sports Council for Wales – Equity Update**

As mentioned in last months edition, Emma Newton was appointed into the role of Senior Officer for Equity and Child Protection in March. Emma will be responsible for establishing an overall strategic plan for equity across the Sports Council for Wales work; she will also ensure that systems are in place to support key partners in their work developing and implementing Equity Standards for sport.

Emma's contact details are 02920 338285 and [emma.newton@scw.org](mailto:emma.newton@scw.org).

## **Help in making your Website accessible**

Betsie is the filter program used by the BBC to create an automatic text-only version of its website. It is a simple piece of software which is intended to alleviate some of the problems experienced by people using text to speech systems for web browsing. It is free to download and more information about the product can be found at [BBC](#).

The 2008 “Building the Perfect Council Web Site” conference will take place on 16 July at Olympia in London. Keynote speakers and a range of workshops will provide a variety of information including: making Websites user friendly, ensuring they are easily accessible and Web statistics. For more information visit [Conference](#).

## **Contacts for key equity organisations**

Jill Bennett of sportscotland has put together a list of contacts for key equity organisations in Scotland and the UK. This document, entitled “Equity organisations in Scotland and the UK” can be found on the Equality Standard Website at [Key contacts](#).

## **WSFF newsletter**

The third edition of the Women’s Sport and Fitness Foundation’s e-newsletter is now available at [WSFF news](#) and contains information on how you can contribute to the first joined up strategy to raise activity levels of women and girls, plus a range of other topics.



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### **Equality workshop**

Further to the note sent out since the last newsletter, this is just a reminder of the equality workshop being hosted by UK Sport, in conjunction with British Triathlon, will be held on 17 June in Loughborough. Anyone interested in showcasing best practice or attending should contact Charlotte Edward at UK Sport on 020 7211 5158 or via email [charlotte.edward@uksport.gov.uk](mailto:charlotte.edward@uksport.gov.uk). A full programme for the day will be sent out shortly.

### **Equality Standard Website**

The page that contains the full list of those that have achieved a level of the Standard, which can be found at [Achievements](#), is currently being enhanced. The information displayed is still up-to-date, but anyone accessing the page may notice it has a slightly different look during the next few days. An explanation of the enhancements will be displayed on the page and provided in the next edition of this newsletter.

### ***Calendar of forthcoming events***

Dates for your diary include:

- 22-23 May SCEG meeting in Cardiff
- 30 May-1 June Grass Roots Football LIVE in Birmingham
- 17 June Equality workshop in Loughborough
- 30 June National School Sport Week
- 1 July CCPR Equality Standard collective workshop
- 7-8 July SCEG meeting in Edinburgh
- 6-17 Sept. Paralympic games in Beijing China
- 18-19 Sept. SCEG meeting in Belfast.

### ***How to Get the Most Out of this Newsletter***

Hopefully you have enjoyed the variety of information in this newsletter. You can contribute! Do give us some information about your governing body, home country, sporting organisation or project. Our schedule is:

<b>Production Date</b>	<b>Deadline for Contributions</b>
16 June	6 June
21 July	11 July
18 August	8 August

Please e-mail any contributions or comments to [roger@vagaassociates.com](mailto:roger@vagaassociates.com).