

Sports Stepping Stones

**Planning, designing and use of
open spaces through active
recreation for increased
community participation**

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Introduction

- What are open spaces? and where are they found?
- Open spaces are to be found in urban and rural areas and they provide an important amenity
- We play, cycle, and run on them
- We use them in all kinds of ways to make a big difference in our lives.

Planning and designing of Programmes

- Recreation is an important process that helps refresh and reinvigorate both the body and mind.
- Recreational programmes that include the community are capable of:
 - Help building a community's identity.
 - Being used to cultivate new friendships and social associations, frequently across class, religious, and ethnic barriers.
 - Assist in building positive levels of trust amongst members of a community.

Utilising open spaces in communities

- Recreational programmes that include the community can be described as the “glue” which holds communities together.
- It is well proven that active recreation is well positioned to have a positive impact within a community.
- In order to plan effective programmes, and utilize open spaces we need to know their needs, priorities, capacity and any barriers to taking action before launching into any interventions.

Benefits of utilizing open spaces within communities

- Create stable neighbourhoods with strong community
- Recreation opportunities (the importance of play) – play has proved to be a critical element in a child's future success, for children, playing is learning.
- Play also teaches children how to interact and cooperate with others.

Benefits of utilizing open spaces within communities

- Reducing crime – access to open spaces (e.g. public parks) and recreational facilities has been strongly linked to reductions in crime. Access to these facilities keep at-risk youth off the streets and gives them a safe environment to interact.

“A child in sport is a child out of court”.