



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



SPORT AND RECREATION YOUTH LEADERSHIP DEVELOPMENT PROGRAMME

IERM Workshop
26 September 2016

Making progress possible. **Together.**

Vision – Director of SRA : Gert Bam

- Important to have buy-in and common purpose integral part of success
- Motivational factors –
 - Using sport and recreation as a development tool is a key part of the NSRP. (National context)
 - 2010 Research, How many participate? Motivators? Barriers? Results show levels of participation. 8% of residents belong to formal clubs.
 - Main motivators? Enjoy outdoors, health and wellness, meet other people. NOT formal, competitive sport.
 - Research led to reviewing, adapting Departmental service delivery strategy.
 - Sport is NOT impacting significantly on crime. Increasing not decreasing.
 - Shift focus to Recreation – 4 pillars
 - (i) Get people **active**. E.g. walking, running, aerobics, board games.
 - (ii) Implement **sustainable programmes** e.g. Recreation Hubs. Vision to have all facilities as hubs. Partnerships
 - (iii) **Connecting the Unconnected**, sport. Cape Town Games. Introduce communities to sport (competition) Focus on 92% not 8 %. Include board games and indigenous games.
 - (iv) Using **Sport and Recreation as a development** tool e.g. Camp Cape Town. In line with City Social Development Strategy.

Vision – Director of SRA : Gert Bam

- **Camp Cape Town**
 - Participants from Hubs and facilities, Age : 15/16
 - **Partnerships**, expose youth to the value of partnerships. Expose youth to outdoors, teamwork, life skills. (Fun)
 - Create basis for “Positive interventionists”, identify youth for further skills development. Youth become leaders to implement programmes in their communities in line with pillars.
 - Mentorship by staff and partners.
 - Review of current activities.
- Assist to address critical challenges in communities.
- Vision – Multiple simultaneous camps.
- “Making Progress Possible Together”
- Monitor progress of individuals.
- Collect qualitative and quantitative data. Involve Departmental staff.
- Retention strategy, incentives.

What opportunities does our interventions bring

- Opportunity to add value to youth development.
- Opportunity to identify strong leaders.
- Must have long term plan.
- Monitoring and Evaluation important.
- Pilot
- Successful.
- Programme has potential, need to ensure sustainability.
- Skilled team of facilitators. Different strengths.
- Need to be equipped to deal with issues.
- Sharing of personal life stories, effective.
- Different dynamics, opportunities for personal introspection.
- Youth expressed will to make a difference.
- Started their own group.
- Broke division of “districts” worked for common good of City.
- Lot of thought, dealing with issues “on the spot”
- Focus on the individual.
- Self healing, personal development, personal goals.
- Link, continuity with other staff, partners.
- Journey, WOW experience.
- Evidence of implementation of activities.

Youth Leader – Outcomes : What Kind of Person?

- Confident
- Change agent
- Personal Goals –
- Good decision making
- Personal Plan.
- Personal Success story.
- Understanding and dealing with personal circumstances.
- Strategy to deal with personal challenges. (Practical Steps)
- Well rounded
- Educational goals / academic achievement
- Commitment to Community development
- Understanding of sport and recreation as a development tool.
- Good communication skills.

Basic Concept for Post Camp Cape Town Training

- Recruit youth in grade 9 for future camps. i.e. three year programme ends in grade 12.
- Three year programme focusing on **Personal Development** and **Programme Implementation**.
- First Year Curriculum – Emphasis on Personal Development.
- Second year Curriculum – Emphasis on Programme Implementation.
- Final year – “Specialisation” e.g.
 - Sport
 - Recreation
 - Environment
 - Literacy etc.

PARTNER - ENVIRONMENT RESOURCE MANAGEMENT

Possible programme

- 1ST YEAR –
 - Environmental awareness
- 2nd year
 - Greening workshops (Greening the community)
 - Visits to nature Reserves (22 reserves)
- 3rd Year
 - Engage with Cape Town Environment Education Trust (CTEET)
 - Explore Nature Conservation Learnerships
 - Could involve WESSA in training.
- ERM venues can also be used for training, reflection.
- Could engage with SMARTLIVING programme of the City.
- Implement practical Environment Projects, involve Parks, Solid Waste etc.
- Encourage, stimulate environmental interests and hobbies, e.g. gardening, food gardens, bird watching etc.

YOUTH LEADERSHIP TRAINING - GENERAL PRINCIPLES

1. Conduct a Survey amongst the Youth(Consult the target group)
2. Parent briefing and consultation.
3. Training Moments. (1st and 2nd Years)
 1. Orientation Camp (3 days) (Jan)
 2. 5 day camp (July)
 3. Assessment camp (3 days September)
 4. 3 day camp (March holiday)
 5. 5 X 1.5 day (Fri and Saturday)
 6. 3 X 1 day programmes (decentralised)
4. Link to district programmes.
5. Briefing for staff. Must be common understanding of the programme at various levels in the department.
6. Code of Conduct/Pledge document.

MENTORSHIP

- Identify the right Mentors
- Criteria for the selection of the Mentors within the Department
- Training of Mentors
- Mentors to reside in the same community as the Mentees.
- Process plan.

TRACKING SYSTEM

- Must develop a structured tracking system of where the youth are, what they are doing.
- Must keep reliable qualitative and quantitative data.
- Must involve district staff in engaging and tracking the youth.
- Administrative support needed
- Currently in the process of developing an App

GENERAL

- It is important for programme to be subjected to constant evaluation.
- Current CHEC evaluation
- Learnings will be used to strengthen the programme
- Volunteer Programme have been developed and Young people are able to join the Volunteer core post the YLD programme

