



# ACTIVE COMMUNITY POLICY

## 1. POLICY PURPOSE

Physical activity provides critical foundations for the quality of life and well being that makes McKinlay Shire unique. Physical activity is recognised as being essential to the health and well being of individual citizens and the McKinlay Shire community. Physical activity has far reaching personal, social, economic and environmental benefits and creates a happier community.

## 2. AUTHORITY (LEGISLATION OR OTHER)

The McKinlay Shire Council Community Plan 2019-2026 states goals for which Council is aiming toward for the betterment of the community. The strategies below outline how McKinlay Shire Council is aiming toward an active community:

- Strategy 8: Community wellbeing and remote health support
- Strategy 10: Sustainable development of community events and activities
- Strategy 13: Activation of community facilities
- Strategy 15: Explore requests for BMX/Bike Track from school students
- Strategy 16: Explore opportunities to reinvigorate Kynuna Rodeo Grounds and events

## 3. STATEMENT

To encourage all McKinlay Shire residents to become actively involved in sport, community recreation, fitness, outdoor recreation and other physical activities.

## 4. SCOPE

This policy is designed to encourage and provide the ability for all residents of the McKinlay Shire to become active.

## 5. DEFINITIONS

To assist in interpretation, the following shall apply:

**Participation** shall mean involvement in structured and/or unstructured activities that may be classed as community recreation, fitness activities, sport, outdoor education, physical education or other forms of physical activity. Involvement in these activities should provide enjoyment and produce health, physical, mental, social and economic benefits. Participation is not just confined to a role as a player, but includes involvement as a coach, instructor, teacher, administrator, manager, official and volunteer.

## 6. POLICY CONTENT

The fundamental principles underpinning this policy reflect the National Sport and Active Recreation Policy Framework, which seeks to maximise participation by all Australians in physical activity.

Date of Approval: 18<sup>th</sup> March 2025  
Approved By: Council Resolution 160/2425

Effective Date: 19/03/2025  
Version: 3.2  
Review Date: March 2028

This policy has three goals:

- To increase and enhance lifelong participation;
- To realise the social, health and economic benefits of participation; and
- To develop quality infrastructure, opportunities and services to support participation.

Participation should be lifelong and not limited by age. The degree and form of involvement may vary at different stages of an individual's life cycle.

All McKinlay Shire residents should have access to a comprehensive range of quality participation opportunities to enable them to fulfil their potential and realise the physical, social, mental and spiritual benefits of physical activity regardless of socio-economic status, race, age or gender, ability and geographic location.

McKinlay Shire Council is committed to the provision of sport and active recreation functions. This is achieved through the Sports and Recreation Officer role and the many designated recreation facilities throughout the Shire. The continued support of the Sports and Recreation Officer enables McKinlay Shire Council to provide varied participation opportunities for members of the community. These opportunities allow participants to enjoy the experience and excitement of physical activities, to develop skills, interact socially and achieve goals.

It is recognised that participants who enjoy, and are satisfied with, their experience are more likely to repeat and continue their involvement. For this reason, McKinlay Shire Council is committed to continuing to provide sport and active recreation programs that have been identified throughout the community as well received, successful and beneficial to the well being of individuals and the community overall.

The Australian Government Department of Health have a variety of promotional material for active, healthy living initiatives. McKinlay Shire Council is committed to implementing these initiatives through the Sports and Recreation and Community Nurse programs. These initiatives can involve ways to increase participation in sport and active recreation, promote healthy habits and lifestyles, including through physical activity, healthy eating and other well being factors. The initiatives and informational resources available provide McKinlay Shire Council with opportunities to encourage the community to come together and support each other as individuals continue to strive to further improve their health and well being, as well as promoting an active, healthy community.

Participation should contribute to the health and well being of the community and minimise adverse individual and environmental impacts. Participation in sport and active recreation is just one part of being an active, healthy community and McKinlay Shire Council recognises this and continues to develop projects and plans to promote all aspects of healthy living. Having a Community Nurse to provide health advice and to coordinate healthy living programs further enables McKinlay Shire Council to actively encourage all members of the community to be involved in an active, healthy community and lifestyle.

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