

# Quest 2016 – Gplus 36 (AC)

## Doorstep Sport Guidance Notes

Issue 1 April 2017



### Outcomes

- The organisation is working with communities and a range of local partners to deliver a sport and physical programme that is engaging young people (teenagers and young adults) from disadvantaged backgrounds (<http://www.streetgames.org/resource/areas-deprivation-postcode>), some of whom were previously inactive\*.
- There is vibrant and varied doorstep sport programme being delivered, taking place at the right time, at the right place, in the right style, with the right people and at the right price (<http://www.streetgames.org/our-work-doorstep-sport-clubs/principles-doorstep-sports-club>), with young people fully involved as participants, volunteers and leaders.
- The organisation measures and reviews the doorstep sport programme, involving participants, local communities, staff, partners and stakeholders, and uses this process to action plan and set targets for the development and improvement of delivery.
- The organisation can demonstrate impact and positive results around activity levels, participant profile, attendance levels, retention rates, personal achievements and the delivery of wider benefits that help to change local communities.
- (\*Inactivity is defined as doing less than 30 minutes of moderate intensity activity per week. Chief Medical Officer Guidelines, 2011. Public Health England outcomes framework 2014.)

**To achieve the StreetMark Plus award the organisation must join the StreetGames network and apply for StreetMark membership (see link below), if they have not done so already. This will greatly assist the process of preparing for a Quest assessment against this module and provide access to StreetGames Doorstep Sport Advisors. Please use this link to register: <http://www.streetgames.org/about-us/join-us>**

**This award will last for 2 years.**

**\* Organisations can choose this module and not apply for StreetMark membership; however the StreetMark Plus award will not be recognised or issued by StreetGames.**

# Gplus 36 – Doorstep Sports

## Guidance Notes



Challenge:	Unsatisfactory	Satisfactory	Good	Very Good	Excellent
<b>PLAN</b>					
<p>Is the organisation committed to working with communities and a range of local partners to create a high quality doorstep sport programme, which embraces the concept of youth action (see link below) and has effective project management arrangements in place?</p> <p><a href="http://www.streetgames.org/our-work-social-action/streetgames-youth-action-pledge">http://www.streetgames.org/our-work-social-action/streetgames-youth-action-pledge</a></p>	<p>The organisation provides a doorstep sport offer but it operates in isolation from potential partner organisations.</p> <p>There is no clear project management arrangement in place for the doorstep sport programme.</p> <p>There are specific activity sessions for young people but they are only involved as participants.</p>	<p>There is a partnership with other organisations, such as schools and colleges, to promote the doorstep sport offer and for the referral of young people.</p> <p>There is a designated staff member responsible for doorstep sport delivery.</p> <p>Young people are able to give their views on sessions and are involved in promoting activity sessions, using social media and being encouraged to bring a friend.</p>	<p>Partner organisations, including community groups and youth providers, are involved in the planning and review of the doorstep sport programme, as well as supporting the work through joint promotion and referrals.</p> <p>A designated staff member with the experience, knowledge and capacity required to provide effective project management leads doorstep sport delivery.</p> <p>Young people are involved in decision-making, as well as the promotion and delivery of activity programmes, in the role of peer mentors, activators or promoters.</p>	<p>A wide range of partner organisations are involved in the planning, promotion, delivery and review of the doorstep sport programme, as well as supporting the work through joint promotion and referrals.</p> <p>The programme is lead by staff members with the commitment, expertise and capacity to plan &amp; deliver high quality doorstep sport.</p> <p>There is a process in place that allows young people to make their views known and become involved in shaping the programme of activity, such as a specific youth forum or through more informal consultation, as well as being involved in promotion and delivery.</p>	<p>Local communities and partner organisations are fully engaged in the planning and delivery of the doorstep sport programme, providing additional resources and funding support.</p> <p>The doorstep sport programme is effectively managed though a partnership involving local organisations, the community and young people.</p> <p>Young people play an integral role in shaping and delivering the activity programme, with opportunities to progress to volunteer roles or apprenticeships within the organisation.</p>

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Challenge:	Unsatisfactory	Satisfactory	Good	Very Good	Excellent
<b>DO</b>					
Does the organisation deliver a varied sporting offer, delivered at the right time, in the right style, in the right place, with the right people and at the right price for young people from disadvantaged backgrounds, using an outreach approach to help young participants progress through several stages of engagement?	<p>There is a general sporting offer to young people but it does not specifically target those from disadvantaged backgrounds.</p> <p>The activity sessions are predominantly programmed at off-peak and low demand periods within the facilities used, providing some basic price discounts, with a coach or leader qualified to deliver the activity but with no specific experience and training relating to working with young people.</p> <p>The programme is delivered at a limited number of venues, which are selected by project staff, with facility cost being a major consideration.</p>	<p>The organisation provides activity sessions for disadvantaged young people at specific times of the week.</p> <p>Some activity sessions for young people take place during peak use periods and provide affordable access for participants from low income backgrounds. These sessions are run by coaches/leaders able to provide a variety of different activities.</p> <p>Sports sessions are delivered at a wide range of venues in order to provide local access for young people.</p>	<p>There is a structured programme of activities running throughout the week that meets the needs of young people from disadvantaged backgrounds, including girls/young women, disabled young people and BME groups.</p> <p>Young people have good access to a range of activities at different times throughout the week, with a pricing structure that provides long term and affordable access to young people from low income backgrounds. These sessions are led by coaches/leaders drawn from within local communities, who are able to deliver a variety of different activities and build a strong rapport with participants.</p> <p>The needs of young people and their communities are taken into account in the</p>	<p>There is a structured programme of varied activities that is designed to meet the needs of young people, specifically targeting low participant groups, including girls/young women, disabled young people and BME groups, that supports local community cohesion.</p> <p>Sessions are scheduled at time slots that take account of the needs of the young people being targeted, with a pricing structure that ensures affordable long-term access to young people from low income backgrounds, based on consultation with relevant partners. Session leaders have specific training and experience, along with the empathy and local knowledge that equips them to engage and retain participants and deliver</p>	<p>There is a structured programme of varied activities that is designed to meet the needs of young people, specifically targeting low participant groups, including girls/young women, disabled young people and BME groups, supporting community cohesion and making specialist provision for the most inactive.</p> <p>Young people are directly consulted to ensure that the activities are scheduled at times that meet their needs, with a pricing structure based on consultation with relevant partners ensuring affordable access to a range of activities delivered by a number of providers. Activities are lead by staff, some drawn from the local community, who create a positive environment, engaging and retaining participants in 'doorstep sport' style activities and providing opportunities for social interaction.</p>

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Challenge:	Unsatisfactory	Satisfactory	Good	Very Good	Excellent
			selection of the venues for activity sessions.	<p>‘doorstep sport’ style activities.</p> <p>Young people and local communities are directly consulted about the preferred venues for sports sessions.</p>	Initial taster sessions are delivered in settings such as schools, colleges, youth clubs or community venues, so that young people can participate in familiar surroundings before joining the regular doorstep sport programme.
<b>MEASURE</b>					
Is there an effective process in place to collect data and evidence that can be used to measure performance within the doorstep sport programme?	The organisation collects basic participant data (age, gender, ethnicity, disability) from young people attending sessions and records attendance.	There is an initial baseline measure of activity levels for new participants, which is subsequently repeated to measure progress.	In addition to recording physical activity participation, there is also measurement of at least one other personal outcome for young people, such as health improvements or volunteering hours.	The monitoring of physical activity and wider outcomes for young people is achieved through the recording and sharing of data with other local partner organisations.	<p>There is an effective system in place for measuring the outcomes of the programme, including the use of external evaluation.</p> <p>The organisation also uses benchmarking against other similar programme and produces case studies relating to both the project and individual participants.</p>

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Challenge:	Unsatisfactory	Satisfactory	Good	Very Good	Excellent
<b>REVIEW</b>					
Is the doorstep sport programme subject to regular review and development, with the involvement of participants, staff and partners/stakeholders, and is there a process in place to review the training needs of staff and volunteers involved in doorstep sport delivery, which provides a basis for a programme of development opportunities?	<p>There is little evidence of programme review and the staff member responsible for the current activity carries it out in isolation.</p> <p>Staff delivering sessions (coaches, leaders) are given access to ad-hoc training opportunities.</p>	<p>The programme of activity is reviewed and developed internally by the organisation's staff.</p> <p>The staff member responsible for the activity programme makes an analysis of the training needs of delivery staff and provides access to CPD opportunities.</p>	<p>Other local partners (youth service, community safety, housing, community groups, schools) make an input to programme review and development.</p> <p>The staff member responsible for the activity programme and delivery staff is provided with access to doorstep sport training opportunities.</p>	<p>Young people, communities and local partners have opportunities to discuss the programme and shape its future direction.</p> <p>The organisation receives support and expert advice in this area of work.</p> <p>The staff member responsible for the activity programme, direct delivery staff, volunteers, young leaders and community groups are provided with access to doorstep sport training opportunities, which is based on a review of development needs.</p>	<p>The organisation is part of a local or regional network of organisations delivering doorstep sport, providing opportunities to benchmark and share good practice.</p> <p>The organisation uses a specific development tool to review the programme and action plan for the future.</p> <p>There is a regular training needs analysis carried out with the whole staff team, volunteers, young leaders and community groups, with access provided to doorstep sport training opportunities.</p>

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Challenge:	Unsatisfactory	Satisfactory	Good	Very Good	Excellent
<b>IMPACT</b>					
Is there evidence in place that shows how the doorstep sport programme is improving outcomes for young people and delivering positive changes for the local community? Is this evidence used to raise the profile of the programme and secure future funding and partner support?	There is evidence in place that shows the impact of the programme on sport and physical activity participation amongst young people living within the area being targeted.	There is evidence of young people from within specific low participant groups (low income, BME, female, disabled) being engaged and retained in sport & PA participation.	In addition to the impact on sport & physical activity participation, the organisation can also demonstrate the wider impact of the programme on young people in areas such as volunteering, personal development or vocational skills.	There are reports, case studies and examples of good practice produced, which demonstrate the impact of the programme on areas including sports participation, youth action, community safety, community cohesion and employability. Partners provide resources to support the programme.	The programme has secured external support through funding and resources from partner organisations that recognise the impact being made on addressing local priorities for young people and local communities.  The doorstep sport programme has been nominated for or has received awards.

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### PLAN

Is the organisation committed to working with communities and a range of local partners to create a high quality doorstep sport programme, which embraces the concept of youth action (see link below) and has effective project management arrangements in place?

#### GUIDANCE

- The doorstep sport programme is planned and operated in partnership with other local organisations, such as youth services, housing, police, fire & rescue service, schools/colleges and local community groups.
- The doorstep sport programme is responsive to local issues relating to young people (health, personal safety, vocational skills) that have been identified through consultation with local communities, partner organisations & with young people themselves.
- Specific training (ex. Doorstep Sport Skills workshops) – <http://www.streetgames.org/what-we-do-changing-lives/streetgames-training-academy> - is provided at an early stage in the development process for all relevant staff and volunteers.
- Young people are involved in the planning and decision making process relating to the development of the programme.

### DO

Does the organisation deliver a varied sporting offer, delivered at the right time, in the right style, in the right place, with the right people and at the right price for young people from disadvantaged backgrounds, using an outreach approach to help young participants progress through several stages of engagement?

#### GUIDANCE

- The organisation offers a vibrant and varied doorstep sport programme, which is delivered at the right time, in the right place, with the right people, in the right style and at the right price for the young people being targeted.
- Local communities are engaged, consulted and play a key role in delivering the doorstep sport programme.
- There is an outreach approach that takes activity into venues that are familiar to young people (schools, colleges, youth clubs, community venues) as a way of building confidence before encouraging them to join the doorstep sport programme. (<http://www.streetgames.org/our-work-doorstep-sport-clubs/streetgames-club1-programme>).
- Youth action and leadership is a key element of the programme, providing young people with the opportunity to contribute to decision-making and the delivery of activity.
- There is effective use of social media by project staff, including the management and support of young people recruited to carry out a 'promoter' role.
- There is an understanding of the value of engaging 'in-tact' and friendship groups to establish an initial core group of young people to attend sessions, whilst ensuring there are systems in place to welcome and integrate newcomers.
- The organisation uses rewards and incentives to motivate and retain participants, including equipment, clothing, promotional items, discount vouchers, tickets to events and access to training opportunities

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## Guidance Notes



### MEASURE

**Is there an effective process in place to collect data and evidence that can be used to measure performance within the doorstep sport programme?**

#### GUIDANCE

- There is a system in place to capture and maintain accurate data records from doorstep sport activities, so that it is possible to monitor participant numbers, profiles & attendance records and track young people's progression into wider physical activity opportunities.
- There is some measurement of the broader outcomes of the programme (health, personal development, youth action, community cohesion, volunteering) that is used to demonstrate the value for money being achieved for the resources invested.
- There is effective data sharing with local delivery partners and stakeholders, such as anti-social behaviour (ASB) figures and volunteer records.
- Performance is measured through informal benchmarking against other similar programmes.

### REVIEW

**Is the doorstep sport programme subject to regular review and development, with the involvement of participants, staff and partners/stakeholders, and is there a process in place to review the training needs of staff and volunteers involved in doorstep sport delivery, which provides a basis for a programme of development opportunities?**

#### GUIDANCE

- There is a regular review of participant data to measure performance against targets and outcomes, with programme delivery developed and improved in response to this analysis.
- The review process involves consultation with young people, the local community, project staff, delivery partners and other stakeholders.
- Programme development is supported by external 'experts' such as Doorstep Sport Advisors (see below).
- There is a regular review of the training needs of project staff, young leaders and community volunteers, with a training programme put in place to meet these needs. <http://www.streetgames.org/what-we-do-changing-lives/streetgames-training-academy>

### IMPACT

**Is there evidence in place that shows how the doorstep sport programme is improving outcomes for young people and delivering positive changes for the local community? Is this evidence used to raise the profile of the programme and secure future funding and partner support?**

#### GUIDANCE

- The organisation is able to demonstrate how the programme has increased participation in physical activity amongst the target population, particularly for those who were previously inactive.
- Reports, case studies and statistical evidence are produced to show how the doorstep sport programme has resulted in positive changes within disadvantaged areas, including community development, cohesion and safety.
- Evidence of programme impact is used effectively to influence partners and stakeholders, helping to secure additional funding and resources that support continued delivery.