



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

**Report to Arts, Culture, Leisure  
and Recreation SPC**

**29<sup>th</sup> June 2020**

**Item No. 9**

## **Sports and Recreation Update Report**

All Sports and Recreation facilities closed in line with Government instructions and all sports programmes also ceased to ensure that we complied with these instructions. A rotating team of staff are in attendance in the majority of our facilities on a daily basis and a daily inspection is carried out on any facility which is not manned. This ensures that the required facility management programme is in place to appropriately maintain and secure all facilities. All Managers and their management teams are in attendance each day with a reduced number of staff. A team of staff is in attendance in the Civic offices each day to ensure that all administrative functions continue to be carried out and from the 8<sup>th</sup> June these staffing levels have increased

As facilities re-open in line with Government directives it is most likely that there will continue to be significant restrictions in relation to user levels and service levels. This will require considerable changes to current work practices and the facility management teams are in the process of planning and preparing the facilities and the staff to allow us to maximise the re-opening services. At a Team meeting on 16<sup>th</sup> June all facility managers were asked to prepare their re-opening proposals for the centres notwithstanding the fact that no guidelines have issued yet for their re-opening.

In line with Government guidelines the hosting of small outdoor fitness classes commenced on Monday 18<sup>th</sup> May 2020 on the small all weather pitch at the rear of St. Catherine's Youth and Community centre. In Ballyfermot Sports and Fitness centre small group fitness classes on the 6 all weather pitches recommenced from Tuesday 2<sup>nd</sup> June 2020. On the 10<sup>th</sup> June they also started outdoor "Spin" classes for up to 15 people. These classes are provided free of charge initially and are being pre-booked. However it is now proposed to start charging for classes.

As we normally host "summer camps" in July / August in our Recreation centres we are currently reviewing how these could be put in place this summer. There would be restrictions on what could be offered by way of such camps. Our Social Inclusion Development officers (SIDO) have proposals for summer camps in late July and August for children with special needs and physical disabilities. These will be organised with the assistance of Irish Wheelchair Association, Down Syndrome Dublin and ADHD Ireland. It is also proposed to organise "learn to cycle" programmes for children with additional needs.

### **Dublin City Sport & Wellbeing Partnership (DCSWP)**

Supporting people to stay active and healthy during COVID 19 remains the priority of DCSWP. In June, ongoing initiatives are as follows:

**Online Presence:** Sport Officers continue to engage with the public and community groups via tutorials, skill challenges and exercise sessions across social media channels and zoom.

Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)

Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)

Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

**Doorstep Exercise:** DCSWP Sport Officers in conjunction with a range of community services are hosting weekly doorstep exercise sessions in residential areas across Dublin. Catering for people aged 30 to 93 of all abilities, sessions comprise of standing and chair based exercises that focus on building strength and improving balance. The response has been overwhelming positive with the sessions considered extremely beneficial especially by participants that have been cocooning. All social distancing and hygiene guidelines and protocols are strictly adhered to. Locations and times as follows:

Monday	2pm	Dolphin House, Rialto
Wednesday	2:30pm	Bulfin Court, Inchicore
Thursday	1pm	Annamore Court, Chapelizod
Friday	2pm	St Anthony's Avenue, Fatima

**'Get Physically Active' Sport Inclusion Programme:** DCSWP Sport Inclusion and Integration Officers are hosting weekly zoom exercise sessions for individuals aged between 19 and 65 years with intellectual, physical and sensory disabilities.

As part of the programme, each session has a different fitness theme covering topics such as the benefits of exercising every day, strength training, making healthy food choices, getting fresh air etc. The participants are also set weekly individual and group challenges, which encourage them to interact with their families at home and with each other in between sessions.

The programme began as a partnership with the Central Remedial Clinic for one group and for a duration of 5 weeks. However due to its success, 'Get Physically Active' is currently being delivered on an ongoing basis, to groups with between 10 and 40 participants, in conjunction with the following service providers.

Monday	11:30am	National Learning Network (Dublin 7 & 15)
Monday	2pm	National Learning Network (Ballyfermot)
Tuesday	12:30pm	St. John of Gods Liffey Services (Dublin 6, 8,10,12 & 24)
Tuesday	3pm	Central Remedial Clinic
Wednesday	11am	Central Remedial Clinic (Raheny, Killester, Clontarf)
Thursday	2pm	National Learning Network (Ballyfermot)

**Jim Beggan,**  
**Senior Executive Officer,**

**29<sup>th</sup> June 2020**