

Re referenced as:

PELVP24



ARUN DISTRICT COUNCIL INDOOR AND BUILT FACILITIES NEEDS ASSESSMENT

AUGUST 2016

Quality, Integrity, Professionalism

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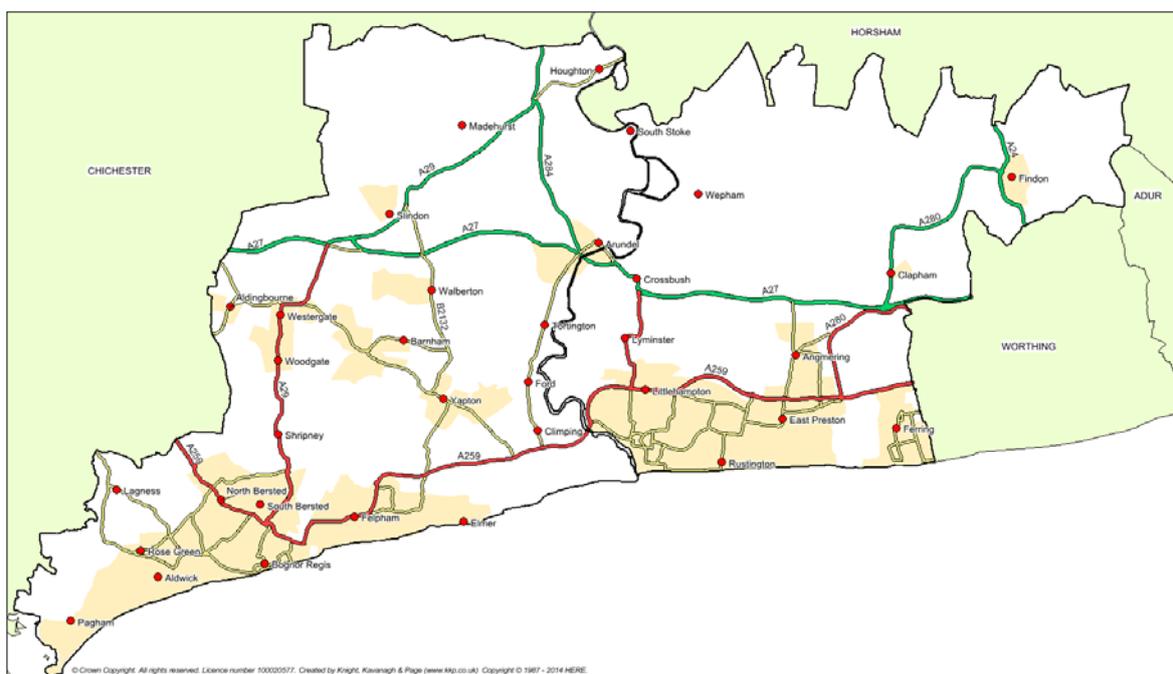
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SECTION 1: INTRODUCTION

1.1 Background

Knight, Kavanagh & Page (KKP) was appointed by Arun District Council to undertake an assessment of opens spaces, playing pitches and formal indoor sports facility needs in the District, in order to assist it to strategically plan for the future. This draft report provides a detailed assessment of current provision of indoor and built sports facilities, identifying needs and gaps in provision.

Figure 1.1 Map with main roads



The Arun District lies on the coastal plain in heart of West Sussex. Covering 22,092 hectares (85 square miles), it is bordered by Chichester District to the west, Worthing Borough to the east, and Horsham District to the north. The district has over 23km of coastline including the only remaining strip of undeveloped coastline between the Greater Bognor Regis Urban Area and Brighton (the 'Climping Gap').

Arun is a contrast between coast and countryside. Half of the District is situated within the Sussex Downs, Area of Outstanding Natural Beauty (AONB) and as such is predominantly rural in nature; the only major settlement being the historic town of Arundel. The remainder of the District is either high quality agricultural land or lies along the coastal strip and is dominated by the two major seaside towns, Bognor Regis and Littlehampton, which are the main centres of population. The District is further divided through the east and the west by the River Arun, one of the fastest flowing rivers in the country. It has a population of 154,414 (mid-year estimate 2014).

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1.2 Scope of the project

This report provides detail as to what exists in the District, its condition, location, availability and overall quality. It considers the demand for facilities based on population distribution, planned growth and taking into consideration health and economic deprivation. The facilities covered include sports halls, swimming pools, health and fitness, studios, squash, indoor skate parks and indoor bowls. In delivering this report KKP has:

- ◀ Individually audited identified, sports halls (conventional i.e. 3+ court halls as per Sport England definitions), swimming pools (minimum length 20m), health and fitness facilities (including, within reason, dance studios) and squash courts (public, private and voluntary sector owned/managed).
- ◀ Analysed the supply and demand of facilities to identify gaps in provision and opportunities for improved provision.
- ◀ Sought to ensure that delivery of leisure facilities is undertaken with full reference to the corporate strategies of the Council and other relevant strategic influences.
- ◀ Identified areas of good practice, gaps in provision and opportunities for improved service in order to drive up participation levels.

This factual report provides a quantitative and qualitative audit based assessment of the facilities identified above. It provides a robust, up-to-date assessment of need for swimming pools, sports halls, health and fitness and specialist facilities and examines opportunities for new, enhanced and rationalised provision. Specific deficiencies and surpluses are identified to inform the provision required. The specific objectives of this audit and assessment are to:

- ◀ Identify local needs and quantify levels of demand
- ◀ Audit existing facility provision.

The specific tasks addressed within the study include:

- ◀ A review of relevant Council strategies, plans, reports, corporate objectives.
- ◀ A review of the local, regional and national strategic context.
- ◀ Analysis of the demographics of the local population.
- ◀ Consideration of potential participation rates and modelling of likely demand.
- ◀ Audit of indoor facilities provided by public, private, voluntary and education sectors.
- ◀ Supply and demand analysis.
- ◀ Analysis of the balance between supply of and demand for sports facilities and identification of potential under and over-provision.
- ◀ Identification of key issues to address in the future provision of indoor sports facilities.
- ◀ Analysis of new provision required based on four different scenarios of housing growth.

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1.3 Report structure

The Royal Town Planning Institute (RTPI) in a new report entitled '*Strategic Planning: Effective Co-operation for Planning Across Boundaries (2015)*' puts the case for strategic planning based on six general principles:

- ◀ Have focus
- ◀ Be genuinely strategic
- ◀ Be spatial
- ◀ Be collaborative
- ◀ Have strong leadership and
- ◀ Be accountable to local electorates.

In the preparation of this report, KKP has paid due regard to these strategic principles and it is, as a consequence, structured as follows:

- ◀ Section 2 - a review of background policy documentation at national, regional and local levels and a profile of the population and socio-demographic characteristics of the district.
- ◀ Section 3 - description of methodology employed to review indoor provision.
- ◀ Section 4 - review of sports hall provision.
- ◀ Section 5 - review of swimming pool provision.
- ◀ Section 6 - review of health and fitness provision.
- ◀ Section 7 - review of indoor bowls
- ◀ Section 8- review of other significant sports in the District.
- ◀ Section 9 - identification of strengths, weaknesses, opportunities and threats (SWOT analysis)

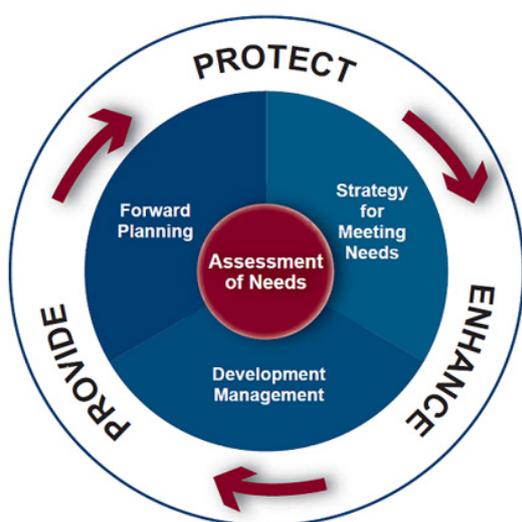
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SECTION 2: BACKGROUND

2.1 National context

Sport England aims to ensure positive planning for sport, enabling the right facilities to be provided in the right places, based on up to date assessment of need for all levels of sport and all sectors of the community. This draft assessment report has been produced for the District Council applying the principles and tools identified in the Sport England Guide 'Assessing Needs and Opportunities for Indoor and Outdoor Sports Facilities' (ANOG).

Figure 2.1: ANOG model



As illustrated, Sport England regards an assessment of need as core to the planning for sporting provision. This report reviews indoor and built sporting facility needs in Arun and provides a basis for future strategic planning.

Towards an Active Nation

Sport England has recently released (2016) its new five year strategy 'Towards an Active Nation'. The aim is to target the 28% of people who do less than 30 minutes of exercise each week and will focus on the least active groups; typically women, the disabled and people from lower socio-economic backgrounds.

Sport England will invest up to £30m on a plan to increase the number of volunteers in grassroots sport. Emphasis will be on working with a larger range of partners with less money being directed towards National Governing Bodies.

The Strategy will help deliver against the five health, social and economic outcomes set out in the Government's Sporting Future strategy which are:

- ◀ Physical Wellbeing
- ◀ Mental Wellbeing
- ◀ Individual Development
- ◀ Social & Community Development
- ◀ Economic Development

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Although formal sport has a role to play in delivering the new Sport England strategy it may, at times, be forced to give way to informal physical activity opportunities delivered by national and local agencies.

Sporting Future: A new strategy for an active nation

A Government strategy for sport was released in December 2015. This strategy confirms the recognition and understanding that sport makes a positive difference through broader means and that it will help the sector to deliver five simple but fundamental outcomes: physical health, mental health, individual development, social and community development and economic development. In order to measure its success in producing outputs which accord with these aims it has also adopted a series of 23 performance indicators under nine key headings, as follows:

- ◀ More people taking part in sport and physical activity.
- ◀ More people volunteering in sport.
- ◀ More people experiencing live sport.
- ◀ Maximising international sporting success.
- ◀ Maximising domestic sporting success.
- ◀ A more productive sport sector.
- ◀ A more financially and organisationally sustainable sport sector.
- ◀ A more responsible sport sector.

(See Appendix 2 for summary outputs and key indicators)

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National Planning Policy Framework 2012

The National Planning Policy Framework (NPPF) sets out planning policies for England. It details how these changes are expected to be applied to the planning system. It also provides a framework for local people and their councils to produce distinct local and neighbourhood plans, reflecting the needs and priorities of local communities. It states that the purpose of the planning system is to contribute to the achievement of sustainable development. It identifies the need to focus on three themes of sustainable development:

- ◀ Economic
- ◀ Social
- ◀ Environmental

A presumption in favour of sustainable development is a key aspect for any plan-making and decision-taking processes. In relation to plan-making the NPPF sets out that local plans should meet objectively assessed needs. It is clear about the sport's role delivering sustainable communities through promoting health and well-being. Sport England, working within the provisions of the NPPF, wishes to see local planning policy protect, enhance and provide for sports facilities based on robust and up-to-date assessments of need, as well as helping to realise the wider benefits that participation in sport can bring.

The 'promoting healthy communities' theme identifies that planning policies should be based on robust, up-to-date assessments of need for open space, sports and recreation facilities and opportunities for new provision. Specific needs and quantitative and qualitative deficiencies and surpluses in local areas should also be identified. This information should be used to inform what provision is required in an area.

Economic value of sport to the nation

Sport, leisure, recreation and culture are all important economic drivers. In 2010, sport and sport-related activity contributed £20.3 billion to the English economy; 1.9% of the England total. The contribution to employment is even greater with sport and sport-related activity estimated to support over 400,000 full-time equivalent jobs, 2.3% of all jobs in England.

Volunteering in sport, and the health benefits derived, also have an impact on the economy. The estimated economic value of sport-related volunteering is £2.7 billion. The annual value of health benefits from people taking part in sport is estimated at £11.2 billion.

Benefits of sport include the well-being/happiness of individuals taking part, improved health and education, reduced youth crime, environmental benefits, regeneration and community development, and to the individual and wider society through volunteering. Consumption of sport benefits include the well-being/ happiness of spectators, and the national pride/feel good factor derived from sporting success/ achievement.

Participation in sport can contribute to reductions in crime and anti-social behaviour, particularly among young people. It can also have a net impact on the environment; where, for example, more people are encouraged to walk and cycle, emissions and congestion can reduce. In summary, sport provides a range of economic and health benefits to the South region, Arun and its local resident population and helps to provide jobs and opportunities to spectate and participate in physical activity.

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Public Health England: Everybody Active, Everyday

In October 2014 Public Health England (PHE) produced its plan to tackle low activity levels across the country. Along with making the case for physical activity, this identifies four areas where measures need to be taken at a national and local level:

- ◀ Active society: creating a social movement, shifting social norms so that physical activity becomes a routine part of daily life.
- ◀ Moving professionals: activating networks of expertise. Making every contact with the health sector count to push the 'active' message and to deliver the message through other sectors including education, sports and leisure, transport and planning.
- ◀ Active environments: creating the right spaces. Making available and accessible appropriate environments that encourage people to be active every day.
- ◀ Moving at scale: scaling up interventions that make us active. Maximising existing assets that enable communities to be active.

Investment in school sport

The Government 2013 Primary PE and Sport Premium fund of £150 million per annum provided two years of investment in school sport. Supported by the Government's Education, Health and DCMS departments, funds went directly into the hands of primary school head teachers for them to spend on sport. Its four objectives were to:

- ◀ Improve the quality of existing PE teaching through continuing professional learning in PE for generalists, so that all primary pupils improve their health, skills and physical literacy and have a broader exposure to a range of sports.
- ◀ Increase participation levels in competitive sports and healthy activity of pupils and maintain these into adolescence
- ◀ Increase the quality of initial teacher training in PE and sport, and to promote PE specialisation in primary level workforce.
- ◀ Ensure that schools understand and value the benefits of high quality PE and sport, including its use as a tool for whole school improvement.

In 2015-16 schools with 16 or fewer eligible pupils receive £500 per pupil while those with 17 or more receive £8,000 plus a payment of £5 per head. Research into Primary Sport Premium Fund spending has highlighted the need for clearer guidance to schools on how best to use this resource and the importance of good specialist PE knowledge for teachers of the subject. While this may cease in its present form it appears likely that the allocation of funds generated via the proposed 'Sugar Tax' will continue to fund school sport at some level moving forward.

Priority School Building Programme (PSBP)

This is a centrally managed programme set up to address the needs of the schools most in need of urgent repair. Through it, 261 schools will be re-built between 2014 and 2017.

Summary of national context

Engaging all residents in physical activity is a high priority. It is acknowledged that regular sport and recreational activity plays a key role in facilitating improved health and wellbeing. Ensuring an adequate supply of suitable facilities to meet local need is a requirement of the planning system and is in line with national policy recommendations.

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2.2 Local context

Local plan 2013-2028

Arun District Council's (ADC's) vision, as stated in its Local Plan, is that 'by 2028, the District will be a safer, more inclusive, vibrant and attractive place to live, work and visit. Arun's residents will be healthier and better educated, with reduced inequalities between the most and least affluent.'

Its strategic objectives are identified in Table 2.1 below:

Table 2.1: ADC's Strategic objectives:

Strategic objectives
<ul style="list-style-type: none"> ◀ To strengthen Arun's economic base and provide local job opportunities by increasing, diversifying and improving the quality of employment within the district through the provision of appropriate employment sites, better infrastructure including road access, quality affordable accommodation and the development of business support and partnerships
<ul style="list-style-type: none"> ◀ To reduce the need to travel and promote sustainable forms of transport;
<ul style="list-style-type: none"> ◀ To plan for climate change and work in harmony with the environment to conserve natural resources and increase biodiversity;
<ul style="list-style-type: none"> ◀ To plan and deliver a range of housing mix and types in locations with good access to employment, services and facilities to meet the district's housing requirements and the needs of Arun's residents and communities both urban and rural, ensuring that issues of affordability and the provision of appropriate levels of affordable housing are addressed while supporting the creation of integrated communities
<ul style="list-style-type: none"> ◀ To protect and enhance Arun's outstanding landscape, coastline, historic, built and archaeological environment thereby reinforcing local character and identity;
<ul style="list-style-type: none"> ◀ To create vibrant, attractive, safe and accessible towns and villages that build upon their unique characters to provide a wide range of uses and which are a focus for quality shopping, entertainment, leisure, tourism and cultural activities; and
<ul style="list-style-type: none"> ◀ To promote strong, well integrated and cohesive communities, through the promotion of healthy lifestyles, provision of good quality accessible community facilities and a safe environment, which delivers an enhanced quality of life to all. This includes meeting the needs of a growing elderly population

Arun's Emerging Local Plan

ADC is currently preparing a new Local Plan to replace one adopted in 2003. This plan will steer development in the District over a 20 year period and is a key driver for growth and regeneration. The Arun Local Plan (2011-2031) (ALP) was submitted to the Planning Inspectorate in January 2015. The submission version of the ALP included an annualised housing requirement figure of 580. This figure was, however, challenged at a public inquiry around the time of the submission of the ALP. This resulted in further technical work being commissioned to assess the most up to date housing requirement in the district. This work identified that a higher figure should be tested.

As a result of concerns related to the ALP housing requirement figure (OAN), a limited number of examination sessions were held (which dealt with a select number of topics). This was followed by an exploratory meeting, after which it was agreed to suspend the examination process for a 12-18 month period. During this period the council is undertaking further work related to OAN and SA whilst also potentially modifying the ALP.

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The suspension provides ADC with the opportunity to update its existing evidence as Sport England considers its existing Open Space, Sport and Recreation Study to be out of date.

Arun Leisure and Culture Strategy 2013-2028

The purpose of the study is to look at options for what ADC might do to improve facilities for leisure and culture across the District, to advise what it should do and how it might be delivered. It focuses on out-of-home activity in the three categories of:

- ◀ Active Leisure
- ◀ Culture
- ◀ Entertainment.

The aim of ADC is to deploy resources in an optimal manner to enhance the economy of the District and improve the physical and mental wellbeing of residents. Table 2.2 shows specific goals of the proposed strategy under each of these two objectives.

Table 2.2: Objectives of the Leisure and Culture Strategy

Economic development	Well being
Create direct business and employment opportunities through use of Council assets, especially in creative industries, tourism and food and beverage.	Encourage Arun residents to have regular physical activity, to benefit their health and well-being and for their enjoyment.
Increase the desirability of Arun as a place to operate a business and the value of development that takes place in the District.	Encourage, in particular, young adults to take up sport that they might enjoy for the rest of their lives, in line with government policy.
Increase the attractiveness of Arun as a place to visit and, therefore, increase spending by visitors in local businesses and the employment opportunities it creates.	Improve the quality and accessibility of leisure and cultural facilities so that residents have the potential for greater pleasure and benefit from their leisure time.
Use of the District's strongest assets to create economic growth, the benefit of which will ripple to other parts of the District.	Enable lower income residents to access high quality leisure and cultural facilities.

Arun Well Being Health Partnership

The West Sussex Health and Wellbeing Board leads on improving the co-ordination of commissioning across the National Health Service (NHS), social care and public health services.

The Board brings together elected members, leaders from the NHS, social care and the voluntary sector to work together and support one another to improve the health and wellbeing of the local population and reduce health inequalities. The Board provides a forum for challenge, discussion and the involvement of local people. It also has responsibility for development of the Better Care Fund plan to support the transformation of the health and social care system in West Sussex to meet the combined challenges of the demands of a growing older population and reducing budgets for West Sussex

Arun Wellbeing is an impartial service which comes from the Local Authority and other partners; the majority of its services are free to users. Each district and borough council

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(local authority) in West Sussex has its own Wellbeing service. The Arun Wellbeing Team is based in two locations in the district (Littlehampton and Bognor Regis). The Wellbeing Advisers are based at each of these locations and offer individual one to one support

Part of the service offered by Arun Well Being is to organise and offer courses aimed at people who are sedentary at the moment and are looking to start getting more active to lead a healthier lifestyle

Active Sussex

Active Sussex, the County Sports Partnership (CSP) for Sussex is a registered charitable trust and the strategic lead for sport and physical activity for the county. It works with, and through, partners to support the local infrastructure. It is also responsible for delivering major youth sports events including the School Games and direct work with clubs, volunteers, athletes, schools, facilities and businesses.

Its aim is to help increase participation in sport and physical activity in Sussex, as measured by the Active People, soon to be Active Lives, Survey. In December 2012 the survey showed that approximately:

- ◀ 36% of Sussex's population aged 16+ are physically active once a week
- ◀ 18% are receiving sports tuition (coaching)
- ◀ 15% take part in competitive sport
- ◀ 8% volunteer their time to sport

The Active Sussex team has identified that its business values should be to:

- ◀ Influence ◀ Invest ◀ Innovate ◀ Increase
- ◀ Inform ◀ Inspire ◀ Involve ◀

Programmes and services run/reflected in its operation include Sportivate, Satellite Clubs, School Games, This Girl Can, Activity Finder, Inclusive Sport and Health and Well-being.

Summary of local context

The core message running through local strategies is the requirement to ensure that:

- ◀ Opportunities are made available to/for all Arun residents to take part in physical activity to contribute positively to the health and wellbeing of all residents.
- ◀ The Council continues to work with partners to ensure that facilities and infrastructure are provided to support sustainable communities in the District.
- ◀ Housing growth is expected within the District and a number of housing requirement figures are to be tested.

Increases in sport and physical activity (and, therefore, positive contribution to the health and wellbeing agenda) will only be achieved via targeting increasingly scarce resources. It is, thus, essential that indoor sports halls, swimming pools and health and fitness venues are accessible and available to the community and that the 'offer' is developed based on the needs of local communities.

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2.3 Demographic profile

The following overview briefly summarises key facts about Arun's population. Data is taken from nationally recognised sources such as the Office for National Statistics, NOMIS, Sport England and Experian. Wherever possible it represents the most up to date information available at the time of the report's preparation. New data is, however, published regularly, often at different intervals. The data is supported by graphs and maps.

Population and distribution

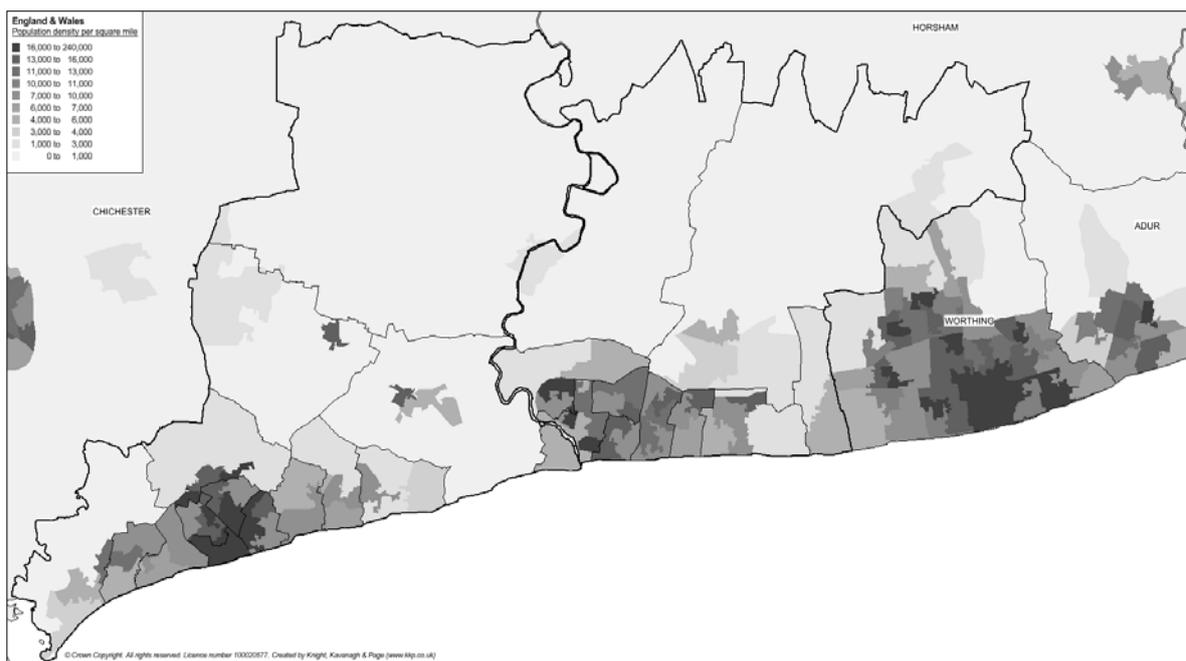
The total population of the district is 154,414¹. As shown in Figure 2.2 the population is at its most dense towards the south the Authority. There are higher proportions of people aged 60- 90+ in Arun (34.6%) compared to that of the South East (24.0%). There are, however, lower proportions of people aged 0-44 in the District (45.4%) than in the South East (55.5%).

As a combination of factors it suggests careful consideration should be given to the pitching of the sport and physical activity offer within the area. Sport England's segmentation model may be interpreted in relation to this age structure (see later).

Ethnicity (Data source: 2011 census of population, ONS)

In broad terms, Arun's ethnic composition differs from that of England as a whole. According to the 2011 Census, the largest proportion (97.1%) of the local population classified itself as White; this is higher than the comparative England rate of 85.4%. The next largest population group (by self-classification) is Asian, at 1.4% which is significantly lower than the national equivalent (7.8%).

Figure 2.2: Population density (2014 MYE): Arun and surrounding districts



¹ Source: ONS 2014 Mid-Year Estimate

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Deprivation and ill health

Relative to the national population Arun experiences low levels of deprivation (17.4%) compared to a national average of 30%, nationally. Conversely, however, 27.7% are within the three least deprived groups (nationally this is 30%) which is relatively similar to that of the national average.

Health problems appear to be similar with health deprivation slightly better than the national average. This is indicated in figures 2.3 and 2.4

Figure 2.3: Index of multiple deprivation

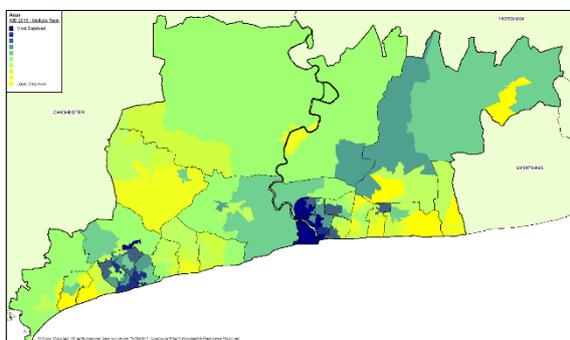
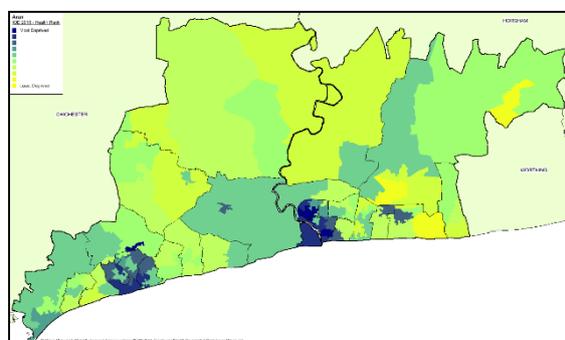


Figure 2.4: IMD Health domain



The IoD² points towards health deprivation which is lower than the national average with 22.6% of the population of Arun falling in the most deprived (three worst) cohorts based on health measures when a national equivalent would be 30%. Conversely, the overall measure of deprivation within the best three cohorts for health in Arun is only 14.7%. The higher incidence of health deprivation is most easily seen by comparing the lighter areas in figures 2.3 and 2.4.

Obesity and health

Adult obesity (24.1%) is consistent with the national (24.0%) average but slightly worse than the regional (22.5%) average. Child obesity rates (17.3%) are slightly below the national (19.1%) average and are not dissimilar to the regional (16.4%) rates. Child obesity rates also increase significantly between reception and Year 6, by which time approximately one third of children (32.2%) are either overweight or obese.

Avoidable ill health cost to the NHS in Arun (due to physical inactivity) is estimated to be in total £2.9m; this is 7.5% and 26.3% above the respective national and regional averages (per 100,000).

Crime (Data source: 2014 Recorded Crime, Home Office)

During the 12 months to December 2015, recorded crime (per 1,000 persons) in Arun was 64.9 compared to an equivalent rate of 65.6 for England and Wales. Since 2013, the crime

² Index of Deprivation 2015 (Department for Communities & Local Government)

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rate (in Arun) has increased by c.18.3% while nationally (England and Wales) it has increased by c.8.8%.

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Economic impact and value

Sport plays a significant role in the economy both nationally and locally; whether it is via participation, purchasing of sportswear and sports equipment, gambling, volunteering or attending events. SE's economic impact model shows an overall impact of £29.1m (£24.2m participation, £4.8m non-participation related) in Arun.

Economic activity and earnings (Source = NOMIS):

- ◀ Unemployment is below both the national rate and the regional average.
- ◀ Earnings are 8.9% below national and 18.2% below regional averages

Active People Survey

Active People is the largest survey of sport and active recreation in Europe and is in its ninth year (APS9 October 2014 – 2015). It collects data on the type, duration, frequency and intensity of adult participation by type of sport, recreation and cultural activity. The survey also covers volunteering, club membership, tuition as an instructor or coach, participation in competitive sport and overall satisfaction with local sports provision. The Active People Survey is in the process of being replaced by the Active Lives Survey. Sport England will continue to run APS alongside the Active Lives Survey until 30th September 2016.

Table 2.3 shows key indicators from APS 9³ for Arun and compares these to the corresponding rates for the South East, England and statistical 'nearest neighbours' (based on socio-economic indicators such as unemployment rates, tax base per head of population, council tax bands and mortality ratios). Key findings include:

- ◀ Participation – over a third (33.9%) of adults participated in at least 1 x 30 minutes moderate intensity sport per week. This was below the national (35.8%) and regional averages (37.7%) and also below all of its 'nearest neighbours' which ranged from 34.7% to 39.2%.
- ◀ Sports club membership - under one quarter (24.7%) are members of a sports club, based on the four weeks prior to the APS. This is above both the national average (21.8%) and the regional rate (23.7%); it is also below all but one of its 'nearest neighbours'.
- ◀ Sports tuition - under one in six (15.7%) received sports tuition during the 12 months prior to the APS. This was below the regional and just above national averages. It is also below all but one of its 'nearest neighbours'.

³ Although APS 10 has been carried out the local sports profiles are not yet available hence why APS 9 is referred to.

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Table 2.3: Active People Survey for all adults – Arun and nearest neighbours

KPI	National %	South East %	Arun %	Nearest neighbours			
				Teignbridge %	Lewes %	East Devon %	New Forest %
<i>1x30 Indicator - Participation in 30 minutes moderate intensity sport per week.</i>							
2014/15	35.8%	37.7%	33.9%	39.2%	34.7%	37.6%	36.5%
<i>KPI 2 - At least 1 hour per week volunteering to support sport.*</i>							
2014/15	12.7%	14.2%	*	*	*	*	*
<i>KPI 3 - Club membership in the last 4 weeks.</i>							
2014/15	21.8%	23.7%	24.7%	26.9%	23.2%	32.0%	27.2%
<i>KPI 4 - Received tuition / coaching in last 12 months.</i>							
2014/15	15.6%	18.0%	15.7%	18.9%	18.2%	20.2%	15.0%
<i>KPI 5 - Taken part in organised competitive sport in last 12 months.</i>							
2014/15	13.3%	14.7%	12.2%	21.2%	15.1%	23.6%	11.0%

* Data unavailable, the question was not asked, or the sample size was insufficient.

nearest neighbour's data shown in table 4 is based on CIPFA Nearest Neighbours 2014/15.

The most popular sports

The Active People survey and SE segmentation also makes it possible to identify the top sports within Arun. As with many other areas, cycling, swimming and going to the gym are among the most popular activities and are known to cut across age groups and gender. Just under one in ten adults in the district go cycling at least once a month (on average). The next most popular activity is swimming; which 8.0% of adults do on a relatively regular basis.

Table 2.4: Most popular sports in Arun (Source: Active People Survey)

Sport	Arun		South East		England	
	No. (000s)	Rate	No. (000s)	Rate	No. (000s)	Rate
Cycling	11.6	9.0%	698.4	9.9%	3,789.0	8.7%
Swimming	10.4	8.0%	730.2	10.3%	4,077.4	9.4%
Gym Session	8.9	6.8%	749.8	10.6%	4,786.4	11.0%

Data from APS 9⁴ – available through Active People Interactive

Table 2.4 indicates further that cycling is below the regional rate but slightly above the national average. Swimming and going to the gym are both below the regional and national averages. It should be noted that whilst the APS is an indicator of participation and physical activity the authority wide figures are based on a small sample size (500 residents outside of London and 1000 residents for London boroughs).

⁴ Although APS 10 has been carried out the local sports profiles are not yet available hence why APS 9 is referred to.

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Sporting segmentation *(Data source: Market segmentation, Sport England)*

Sport England has classified the adult population via a series of 19 market segments which provide an insight into the sporting behaviours of individuals throughout the country. The profiles cover a wide range of characteristics, from gender and age to the sports that people Arun indicates 'Retirement Home Singles' to be the largest segment of the adult population at 10.6% (12,792) compared to a national average 7.97%.

Knowing which segments are most dominant in the local population is important as it can help direct provision and programming.

The following data indicates that Elsie & Arnold, Roger & Joy and Philip are the three dominant groups, representing 30.3% (36,482) of the adult population, compared to 23.4% nationally.

Table 2.5: Sport England market segmentation – Three main groups in Arun

Segment, description and its top three sports nationally			
Retirement Home Singles	Elsie & Arnold	12,762	Arun
Retired singles or widowers (aged 66+), predominantly female, living in sheltered accommodation.		10.61%	
Keep fit/gym (10%)	Swimming (7%) BOWLS (3%)	7.97%	South East England
Early Retirement Couples	Roger & Joy	12,714	Arun
Free-time couples nearing the end of their careers (aged 56-65)		10.57%	
Keep fit/gym (13%)	Swimming (13%) Cycling (8%)	7.34%	South East England
Comfortable Mid-Life Males	Philip	11,006	Arun
Mid-life professional (aged 46-55), sporty males with older children and more time for themselves		9.15%	
Cycling (16%)	Keep fit/gym (15%) Swimming (12%)	9.69%	South East England
		8.65%	

Whilst the needs of smaller segments should not be ignored, it is important for Arun to understand which sports are enjoyed by the largest proportion(s) of the population. Segmentation also enables partners to make tailored interventions, communicate effectively with target market(s) and better understand participation in the context of life stage and lifecycles.

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Mosaic (Data source: 2014 Mosaic analysis, Experian)

Mosaic 2015 is a similar consumer segmentation product and classifies all 25.2 million households into 15 groups, 66 household types and 238 segments. This data can be used to paint a picture of UK consumers in terms of their social-demographics, lifestyles, culture and behaviour and tends to be used to draw out population characteristics for the backdrop to library usage and other non-sporting activities. Mosaic (2015) segmentation data indicates that over half (51.9%) of Arun's population fall into only four Experian 'groups', compared to 29.3% nationally (for the same groups):

- ✦ The 'Senior Security' group (22.4%) is 6.6 times the national rate (3.4%). This group is described as; elderly singles and couples who are still living independently in comfortable homes that they own.
- ✦ Aspiring Homemakers (younger households who have, often, only recently set up home) at 10.6% is 2.5 times the national rate.
- ✦ Prestige Positions (affluent married couples whose successful careers have afforded them financial security and a spacious home in prestigious and established residential area) at 9.8% this is close to the national rate.
- ✦ Suburban Stability (typically mature couples or families, some enjoying recent empty-nest status and others with older children still at home) at 9.1% this is less than the national rate.

Table 2.6: Mosaic – main population segments in Arun

Mosaic group description	Arun		National %
	#	%	
1 – Senior Security	34,494	22.4%	3.4%
2 – Aspiring Homemakers	16,384	10.6%	4.3%
3 – Prestige Positions	15,040	9.8%	8.9%
4 – Suburban Stability	14,030	9.1%	12.6%
5 – Vintage Value	12,654	8.2%	3.4%

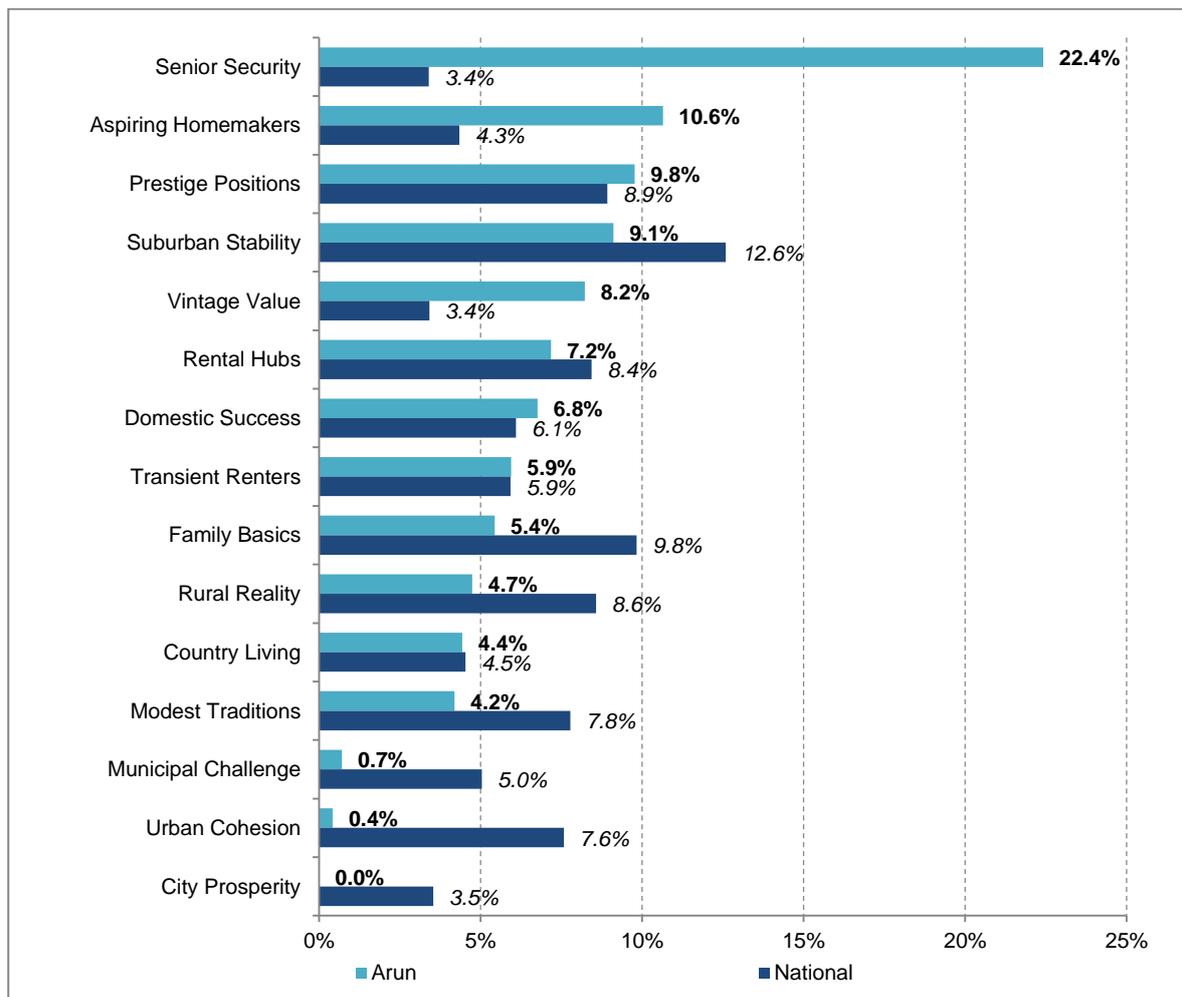
Table 2.7: Characteristics of the main Mosaic groups found in Arun

<p>Senior Security</p> 	<p>Elderly singles and couples who are still living independently in comfortable homes that they own. Property equity gives them a reassuring level of financial security. This group includes people who have remained in family homes after their children have left, and those who have chosen to downsize to live among others of similar ages and lifestyles.</p>
<p>Aspiring Homemaker</p> 	<p>Younger households who have, often, only recently set up home. They usually own their homes in private suburbs, which they have chosen to fit their budget.</p>

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<p>Prestige Positions</p> 	<p>Affluent married couples whose successful careers have afforded them financial security and a spacious home in a prestigious and established residential area. While some are mature empty-nesters or elderly retired couples, others are still supporting their teenage or older children.</p>
<p>Suburban Stability</p> 	<p>Typically mature couples or families, some enjoying recent empty-nest status and others with older children still at home. They live in mid-range family homes in traditional suburbs where they have been settled for many years.</p>
<p>Vintage Value</p> 	<p>Elderly people who mostly live alone, either in social or private housing, often built with the elderly in mind. Levels of independence vary, but with health needs growing and incomes declining, many require an increasing amount of support.</p>

Figure 2.4: Mosaic segmentation – Arun District compared to England



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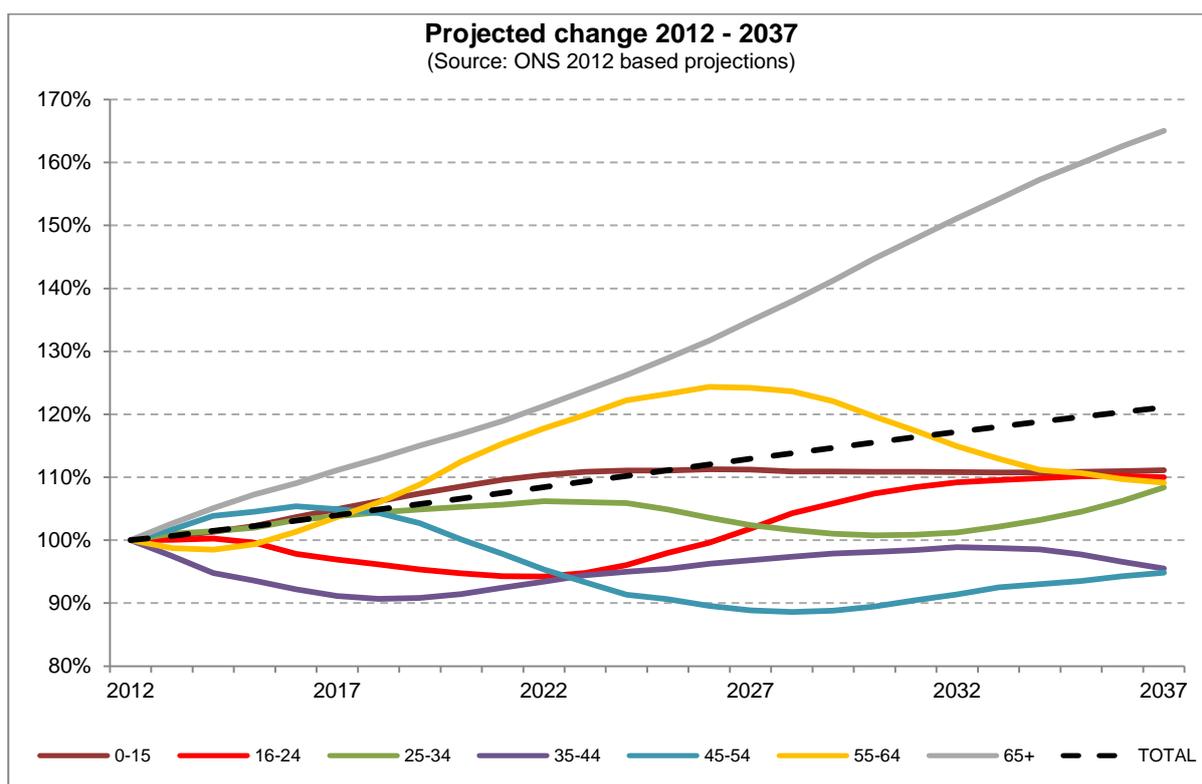
Population projections

Strategic planning: Change over 25 years (2012 to 2037⁵)

At strategic and operational levels plans to increase levels of physical activity cannot be set in stone; they need to be flexible and respond to predictable changes in age structure, gender and ethnic composition. The most recent ONS projections indicate a rise of 21.1% in Arun's population (+31,938). Over this extended timeframe fluctuations are seen in rise and fall at different points across the majority of age groups with population change acting more like a wave than a straight line (see figure 2.5). Key points are outlined below:

- ◀ There is a predicted decline in the number of 35-44 and 45-54 year olds year olds by 4.5% and 5.2% % respectively.
- ◀ All other age groups show significant growth with the greatest being in the 65+ years which shows a massive increase of 65.1%. The age group with the next highest growth is 0-15year olds with a projected 11.1%.

Figure 2.5: Projected population change (2012 -2037)



⁵ Office for National Statistics 2012-based population projections (data released May 2014)

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Table 2.8: Projected population change (2012 -2037)

Age (years)	Number			Age structure %			Change 2012 - 2037		
	2012	2024	2037	2012	2024	2037	2012	2024	2037
0-15	23,880	26,527	26,532	15.8%	15.8%	14.5%	100.0%	111.1%	111.1%
16-24	13,892	13,611	15,284	9.2%	8.1%	8.3%	100.0%	98.0%	110.0%
25-34	14,648	15,367	15,874	9.7%	9.1%	8.7%	100.0%	104.9%	108.4%
35-44	17,651	16,847	16,856	11.7%	10.0%	9.2%	100.0%	95.4%	95.5%
45-54	20,422	18,508	19,366	13.5%	11.0%	10.6%	100.0%	90.6%	94.8%
55-64	19,828	24,441	21,640	13.1%	14.5%	11.8%	100.0%	123.3%	109.1%
65+	41,063	52,943	67,770	27.1%	31.5%	37.0%	100.0%	128.9%	165.0%
Total	151,384	168,243	183,322	100.0%	100.0%	100.0%	100.0%	111.1%	121.1%

Service planning: Change over the coming decade (2015 – 2025)

While strategic planning needs to consider change over 20-25 years, service planning is often more closely aligned to a much shorter time horizon, typically five to 10 years. Over the time period to 2024 (from 2012), it is projected that the overall number of people in Arun will rise by +11,880 (+11.1%). However, significant age specific variations will have implications for different markets, economic and health issues, for example, there will be:

- ◀ +2,647. with the age structure percentage remaining the same at 15.8% of the population; and
- ◀ 804 (-1.7%) fewer 35-44 year olds; and
- ◀ -1,914 (-9.4%) fewer 45-54 year olds; and
- ◀ +4,613 (+23.3%) more 55-64 year olds; and
- ◀ +11,880 (+28.9%) more people aged 65+.

Development and housing growth numbers anticipated

Notwithstanding ONS figures on population growth, the report will test a number of growth scenarios based on different housing requirements for Arun.

The submission version of the Arun Local Plan (ALP) includes an annualised housing requirement figure of 580; however, this figure was challenged at a Public Inquiry around the time of the submission of the Local Plan. Further technical work undertaken by the Council showed that the housing requirement figure had increased to 758 dpa. Following an additional period of consultation and further hearing session, the inspector has identified that an Objectively Assessed Need for housing figure of 845 be used within the ALP. This figure is currently being tested by the Council along with three other scenarios as part of its work related to the Sustainability Appraisal and updated evidence base. The Council is therefore testing four scenarios, as highlighted below:

- ◀ Scenario 1 – 650 dpa
- ◀ Scenario 2 – 758 dpa
- ◀ Scenario 3 – 845 dpa (two options to fulfil this figure are being tested)
- ◀ Scenario 4 – 1000 dpa

It should be noted that all options are showing significant growth in the area.

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Summary

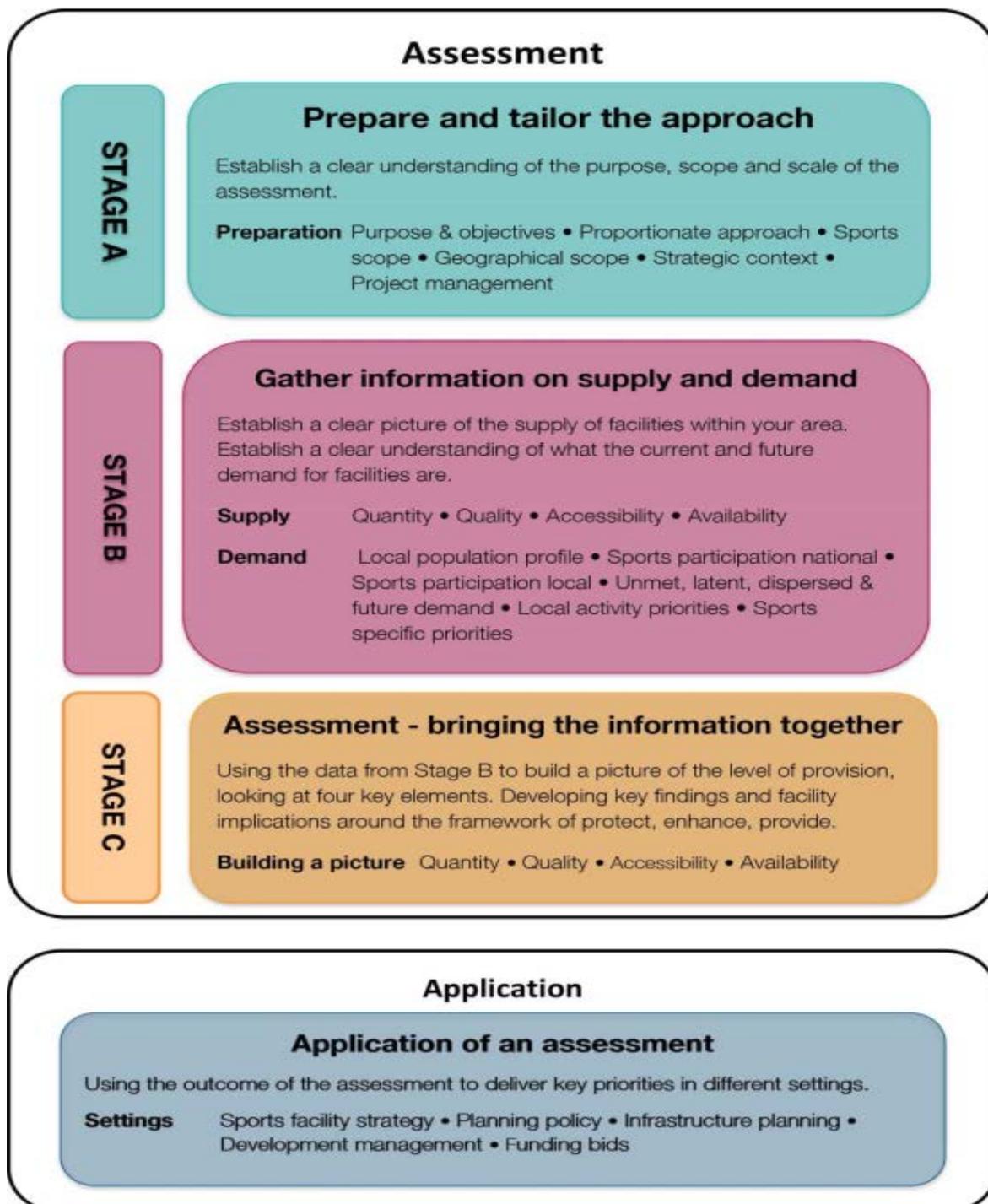
The projected increase in both the population (both ONS and housing projections) and in the general age of that population in Arun will place increasing pressure on a range of services. The importance of ensuring that this older cohort remains active in some instances and gets more active in others (with a view to sustaining and improving the general health of the local population) will become increasingly relevant. It will, therefore, be incumbent on operational staff at local sports facilities ensure that facility programming and access to facilities at the right times is considered as part of the District's sport and physical activity offer. It will also be necessary to ensure that there are enough facilities to service a growing population.

SECTION 3: INDOOR SPORTS FACILITIES ASSESSMENT APPROACH

3.1 Methodology

The assessment of provision is based on the Sport England Assessing Needs and Opportunities Guide (ANOG) for Indoor and Outdoor Sports Facilities

Figure 3.1: Recommended approach



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This provides a recommended approach to undertaking a robust assessment of need for indoor and outdoor sports facilities. It has primarily been produced to help (local authorities) meet the requirements of the Government's NPPF, which states that:

'Access to high quality open spaces and opportunities for sport and recreation can make an important contribution to the health and well-being of communities. Planning policies should be based on robust and up-to-date assessments of the needs for open space, sports and recreation facilities and opportunities for new provision. The assessments should identify specific needs and quantitative or qualitative deficits or surpluses of open space, sports and recreational facilities in the local area. Information gained from the assessments should be used to determine what open space, sports and recreational provision is required.' (NPPF, Paragraph 73)

The assessment of provision is presented by analysis of the quality, quantity, accessibility and availability for the identified facility types (e.g. sports halls and swimming pools). Each facility is considered on a 'like for like' basis within its own facility type, so as to enable it to be assessed for adequacy.

Demand background, data and consultation is variable, depending upon the level of consultation garnered. In some instances, national data is available whilst in others, it has been possible to drill down and get some very detailed local information. This is evident within the demand section.

The report considers the distribution of and interrelationship between facility types in the District and provides a clear indication of areas of high demand. It will identify where there is potential to provide improved and/or additional facilities to meet this demand and to, where appropriate, protect or rationalise the current stock.

SECTION 4: SPORTS HALLS

Indoor multi-purpose sports halls are one of the prime sports facilities for community sport as they provide venues suitable to allow a range of sport and recreational activities to be played. The standard methodology for measuring sports halls is the number of badminton courts contained within the floor area.

Sports halls are generally considered to be of greatest value if they are of at least 3+ badminton court size with sufficient height to allow games such as badminton to be played. It should be noted, however, that a 4-court sports hall provides greater flexibility as it can accommodate major indoor team sports such as football (5-a-side and training), basketball and netball. It also has sufficient length to accommodate indoor cricket nets, indoor athletics, short mat, carpet and long mat bowls, therefore offering greater sports development flexibility than its 3-court counterpart.

Larger halls, for example those with six or eight courts, can accommodate higher level training and/or competition as well as meeting day to day needs. They may also provide the option for more than one pitch/court which increases flexibility for both training and competition and, for example, enable the hosting of indoor central venue leagues for sports such as netball. This assessment considers all facilities in Arun that comprise 3+ badminton courts in line with Sport England's ANOG. Halls that function as specialist venues, such as dance halls are excluded.

The three main facilities in the District are Arun Leisure Centre, Littlehampton Swimming & Sports Centre and the Arena Sports Centre. All three facilities also have swimming pools.

Arun Leisure Centre has a slightly complicated arrangement in that the Leisure Centre was built in 1978 (dry side which includes the halls) and the swimming pool was constructed in 1997 to adjoin the original building. Arun District Council (ADC) has a Dual Use Agreement with West Sussex County Council (WSSCC) for the dry side of the building which expires in 2036 and a lease for the swimming pool site which expires in 2054. This will need to be considered in any future plans.

4.1 Supply

Quantity

The audit and quality assessments identify that there are 16 sports halls with the equivalent of 52 badminton courts⁶ (when considering all sports halls in Arun i.e. they have at least one badminton court). Of these, 10 have three courts or more. A list of all the sports halls (and the number of courts) can be found in Table 4.1 overleaf.

As Figure 4.1 illustrates, there is a spread of sports halls throughout the District with both the more densely populated and rural areas serviced. A total of 17% of courts in the District comprise of one and two court halls. While often appropriate for mat sports or exercise to music and similar provision, this is inevitably limited in terms of the range and scale of recreational and sporting activity it can accommodate.

⁶ The FPM does not include 1 and 2 court halls

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Figure 4.1: All sports halls in Arun

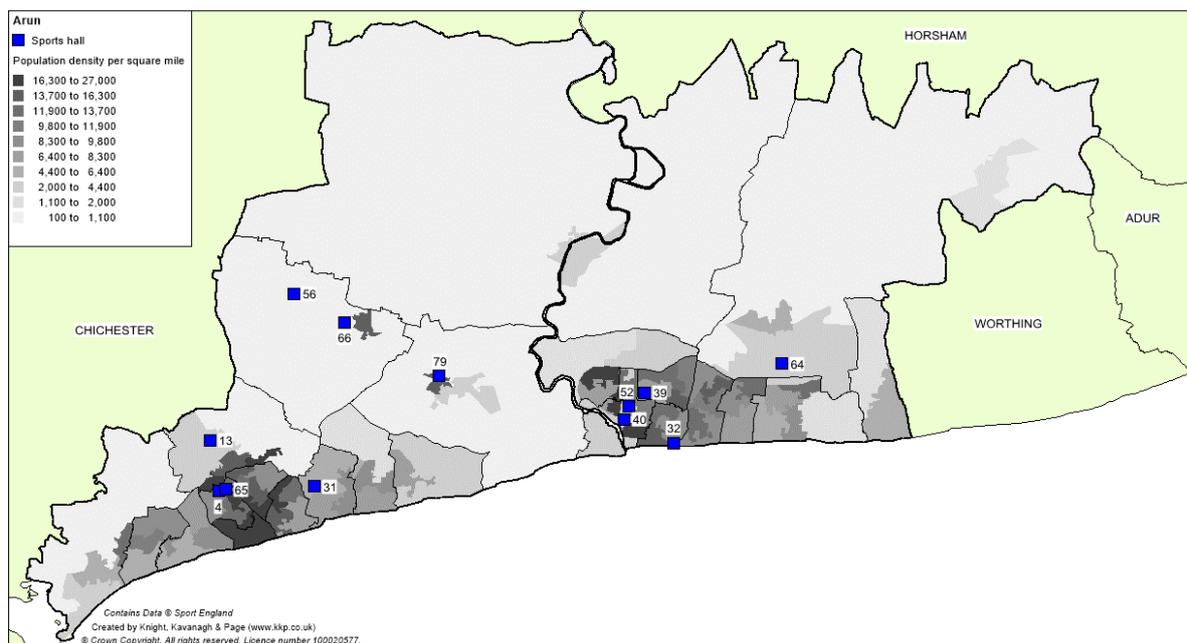


Table 4.1: Sports halls (1+ courts)

Map Ref	Site Name	Courts
4	Arena Sports Centre	6
13	Bersted Park Community Centre	2
31	Arun Leisure Centre	6
31	Arun Leisure Centre	2
32	Littlehampton Swimming & Sports Centre	5
39	Littlehampton Academy	4
39	Littlehampton Academy	4
40	Littlehampton Badminton and Squash Club	3
52	River Beach Primary School	1
56	Six Villages Sports Centre	4
64	The Angmering School	3
64	The Angmering School	4
65	The Regis School	2
66	The St Philip Howard Catholic High School	4
66	The St Philip Howard Catholic High School	1
Total:		52

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In complying with the ANOG methodology, a quality assessment was carried out at 3+ court (available sites). Centres to which the assessment applies are shown below.

Figure 4.2: Sports halls – 3+ courts

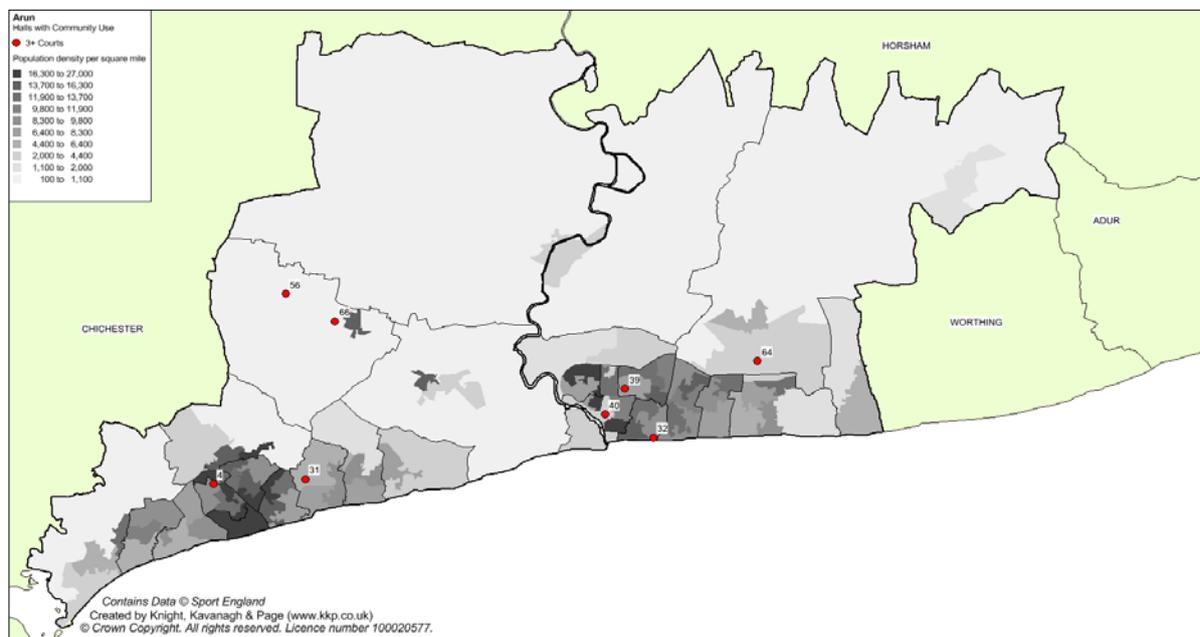


Table 4.2: Sports halls – 3+ courts

Map ID	Site	Courts	Community Use
4	Arena Sports Centre	6	Yes
31	Arun Leisure Centre	6	Yes
32	Littlehampton Swimming & Sports Centre	5	Yes
39	Littlehampton Academy	4	Yes
39	Littlehampton Academy	4	Yes
40	Littlehampton Badminton and Squash Club	3	Yes
56	Six Villages Sports Centre	4	Yes
64	The Angmering School	3	Yes
64	The Angmering School	4	Yes
66	The St Philip Howard Catholic High School	4	Yes

Quality

Of the ten 3+ court sports halls, five have a quality rating of above average, with one of the halls at Littlehampton Academy rated as below average alongside one of the halls at the Angmering School and at Littlehampton Swimming & Sports Centre. The Arena Sports Centre and Arun Leisure Centre are rated as good. The quality of changing facilities is slightly worse with five rated below average, two above average and one rated good.

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The ratings criteria can be seen below:

Quality ratings of indoor sports facilities using ANOG:

	Quality rating
Good	Facility is assessed as being new or recently invested, up to date, well maintained, clean and well-presented and generally no older than ten years. Fixtures, fittings, equipment and sports surfaces are new or relatively new with little if any wear and tear. The facility is well lit with a modern feel. Ancillary facilities are welcoming, new or well maintained, fit for purpose, modern and attractive to use.
Above average	Facility is in reasonable condition and is well maintained and presented. May be older but it is fit for purpose and safe. Fixtures, fittings, equipment and sports surfaces are in an acceptable condition but may show some signs of wear and tear. Ancillary facilities are good quality, but potentially showing signs of age and some wear and tear.
Below average	Facility is older and showing signs of age and poor quality. Fixtures, fittings, equipment and sports surfaces are showing signs of wear and tear. The facility is usable but quality could be improved. The facility is not as attractive to customers and does not meet current expectations. Ancillary facilities are deteriorating, reasonable quality, but usable.
Poor	The facility is old and outdated. Fixtures, fittings, equipment and sports surfaces are aged, worn and/or damaged. The facility is barely usable and at times may have to be taken out of commission. The facility is unattractive to customers and does not meet basic expectations. Ancillary facilities are low quality and unattractive to use.

Ratings are based on a non-technical visual assessment carried out by a KKP assessor. Assessments take into account the age of the facility and condition of surfaces, tiles and walls. Line markings and safety equipment are rated, any problem areas such as mould, damage, leaks etc. are noted. Condition of fixtures, fittings and equipment are recorded. Adequate safety margins are important.

Maintenance and wear of the facility is taken into account. Disability Discrimination Act compliance is also noted, although not studied in detail for the purposes of this report. When all this data has been collated, an overall quality rating is awarded to each facility at a site.

Arun – Sports halls (3+ courts) with community use by condition

Map ID	Site	Courts	Community Use	Condition	
				Hall	Changing
4	Arena Sports Centre	6	Yes	Good	Good
31	Arun Leisure Centre	6	Yes	Good	Below average
32	Littlehampton Swimming & Sports Centre	5	Yes	Below average	Below average
39	Littlehampton Academy	4	Yes	Above average	Below average
39	Littlehampton Academy	4	Yes	Below average	Below average
40	Littlehampton Badminton and Squash Club	3	Yes	Above average	Above average
56	Six Villages Sports Centre	4	Yes	Above average	Above average
64	The Angmering School	3	Yes	Below average	-

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Map ID	Site	Courts	Community Use	Condition	
				Hall	Changing
64	The Angmering School	4	Yes	Above average	Below average
66	The St Philip Howard Catholic High School	4	Yes	Above average	Not assessed

Figure 4.3: community use sports halls – 3+ court, by condition/1 mile radial catchment

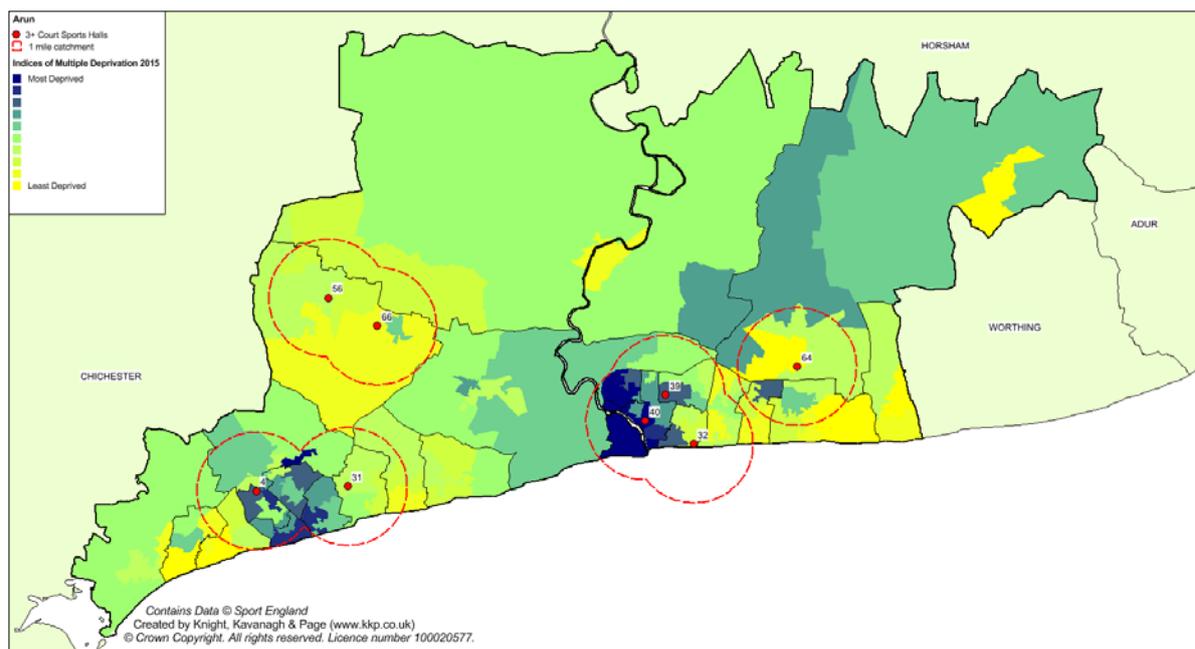


Table 4.3: community use sports halls – 3+ court, by condition/1 mile radial catchment

Indices of Multiple Deprivation 2015 10% bands	Arun		Sports halls (3+ courts)			
	Population in band (mid-2012)	% Population in Band	Persons inside catchment	% Population inside	Persons outside catchment	% Population outside
00 - 10%	6,342	4.2%	6,366	4.2%	6	0.0%
10 - 20%	8,868	5.9%	7,564	5.0%	1,304	0.9%
20 - 30%	11,070	7.3%	11,070	73.3%	0	0.0%
30 - 40%	15,228	10.1%	12,594	8.3%	2,634	1.7%
40 - 50%	16,997	11.3%	11,064	7.3%	5,933	3.9%
50 - 60%	22,917	15.2%	9,571	6.3%	13,346	8.8%
60 - 70%	27,699	18.4%	18,246	12.1%	9,453	6.3%
70 - 80%	14,950	9.9%	8,961	5.9%	5,989	4.0%
80 - 90%	17,383	11.5%	7,560	5.0%	9,823	6.5%
90 - 100%	9,423	6.2%	2,723	1.8%	6,700	4.4%
Total	150,877	100.0%	95,689	63.4%	55,188	36.6%

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Table 4.3 and Figure 4.3 indicate that just over 63% of residents live within the 1 mile radial catchment of a 3+ court sports hall; 36.6% are outside. A significantly small percentage of the most deprived communities (i.e. 30% most deprived) are outside of the 1 mile radial catchment of a sports hall. This reflects that sports halls are generally in the right location to serve these communities. Of the 36.6% of residents that live outside the 1 mile radial catchment of a sports hall the vast majority (83%) are within the 50% least deprived communities.

4.2 Facilities Planning Model

The Sport England Facilities Planning Model for Arun was undertaken using the 2016 National Facilities Audit Data. Sport England recommends that FPM reports should not be considered in isolation but should form part of a wider assessment of provision at local level, using other available information and knowledge, as the modelling and dataset builds in a number of assumptions. The key summary of the FPM analysis of sports hall supply (which takes account of those that are of three badminton courts and above in size) identifies that:

- ◀ The analysis, using the Active Places database, identifies a supply of 11 sports halls at eight different sites within Arun. (This differs from the KKP audit which found 10 halls on eight sites which are 3+courts). The additional hall identified by the FPM is the activity hall at Arun Leisure Centre, however it is identified as being smaller than one badminton court in size.
- ◀ The Arena Sports Centre (6 courts), Arun Leisure Centre (5 courts)⁷ and Littlehampton Swimming & Sports Centre (5 courts) leisure centres provide the three largest sports hall spaces. The remaining main sports halls are all 4 courts in size except for The Angmering School and The Littlehampton Badminton & Squash Club which both have three courts.
- ◀ The FPM classifies all the eight sites it identifies as having 3+ court sports halls as public venues. Two are local authority facilities and the remaining venues are at education sites.
- ◀ According to the FPM, the different sites offer varying levels of community access opportunity. The number of hours available per week varies from 102 hours at the Arena Sports Centre to 48 hours at Littlehampton Academy and 20 hours at St Philip Howard Catholic High School.
- ◀ Arun has 3 courts per 10,000 of population. This is lower than the figures for England, the South East Region and all of the neighbouring authority areas.

One key aspect of this study is, thus, to set into context the actual position in Arun with regard to the supply and demand of sports halls set against that of the FPM study.

Availability

The audit identified that the management of facilities varies with Freedom Leisure managing Six Villages Sports Centre (on behalf of Ormiston Six Villages Academy), Bersted Community Centre, Arun Leisure Centre and Littlehampton Swimming & Sports Centre on behalf of the Council. Freedom Leisure was awarded a ten year contract by the Council in April 2016 following a competitive tender process.

⁷ Although six courts are marked out at Arun Leisure Centre the FPM considers the hall to have five courts based on the size of the space and court size specifications included in Sport England's design guidance.

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The Arena Sports Centre is managed by United Learning which also runs the Regis School. The remaining sites are managed privately or by the individual school. All facilities in Arun, with the exception of Littlehampton Swimming & Sports Centre, are used by schools/colleges during the day and then move across to community use in the evening. There is a community use agreement in place at Arun Leisure Centre for the use of the site by Felpham Community College.

Table 4.4 indicates community use in facilities and the main sports played within the different venues.

Table 4.4: Community use of sports halls in Arun

Availability	Site	Courts	Main sports played
^ 20 hours	Arena Sports Centre	6	Basketball
	Arun Leisure Centre	6	Badminton, Football, Gymnastics, Stoolball
	Littlehampton Swimming & Sports Centre	5	Badminton, Bowls, Exercise classes
	Littlehampton Academy	4 + 4	Basketball, Sussex Cricket Academy
	Littlehampton Badminton and Squash Club	3	Badminton
	Six Villages Sports Centre	4	Volleyball, trampoline, netball, football, cricket, archery, short mat bowls
	The Angmering School	3 + 4	Gymnastics, Basketball, Football
	The St Philip Howard Catholic High School	4	Badminton, Football

Table 4.4 indicates that the main sports played are mainstream sports which are to be expected in sports halls. None appear to have programmes dominated by indoor football, although it is mentioned at a number of sites. Different sports clubs have gained traction in some of the facilities such as indoor cricket at Littlehampton Academy, the Gymnastics Club at the Angmering School, Arun Volleyball Club at Six Villages and the basketball clubs at the Arena. This is helpful to clubs as it means that tenure feels secure and that clubs will be able to get access when required. There also does not appear to be evidence of these relationships taking access away from other demand.

All eight facilities offer significant community use (over 20 hours per week) although only Littlehampton Swimming & Sports Centre offers significant daytime use due to educational demand on the other facilities.

Future supply and potential developments

Approval for a new leisure centre in Littlehampton was confirmed in February 2016. It is estimated that the new facility will cost in the region of £15 million. The intention is that the facility will replace the existing Littlehampton Leisure Centre that is operated by Freedom Leisure. The current leisure centre will remain open whilst the new build takes place. It is expected that the new centre will be open in 2019. Current plans for the new facility include:

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- ◀ 4 court sports hall
- ◀ 8 lane 25m swimming pool
- ◀ Learner pool with movable floor
- ◀ Health & Fitness suite
- ◀ Studio x2
- ◀ Cycling studio

This development will reduce the overall court space from five courts to four courts at the leisure centre, however it will replace the current building which is only a semi-permanent structure with a permanent structure. Furthermore, the classes using the hall space currently will be moved to the new studios meaning that reducing from five courts to four should have no impact on capacity.

Summary of supply

Sports halls are situated close to or in the main population areas of the District. KKP's audit identifies a total of 16 halls with at least one badminton court; of these 10 have three courts or more. Of the eight sites identified with 3+ courts, all have some community use, of which, five are situated on education sites.

All of the facilities offer at least 20+ hours of community use per week. All facilities, except for Littlehampton Swimming & Sports Centre, are not available for community use during the day as the associated school has the use during school hours.

Sports halls are generally located in more densely populated areas and are accessible to the majority of the most deprived communities (using 20 minute radial walk time and IMD analysis). The Arena Sports Centre and Arun Leisure Centre are considered to be good quality. None of the sites were rated as poor.

No particular sport appears to dominate programming as there are a wide variety of clubs and usage in the District. Gymnastics, volleyball, badminton and basketball appear to be the main sports currently using sports halls.

4.3 Demand

APS 9⁸ suggests that 15.5 million people did some kind of sport once a week, every week. Although it indicated falls in levels of swimming participation it is still the most popular activity with 2.5 million participants per week. Athletics (although relatively broadly defined) attracts 2.2 million) and cycling; 2.1 million. Football participants number 1.9 million and golf' 0.73 million. Sports in which (according to APS) participation is currently on the rise include running, tennis and basketball. APS consistently demonstrates that adults from higher socio economic groups are more likely to take part in sport than the converse. Appendix 1 contains Sport England Active People Survey and Market Segmentation data for Arun. As shown, the top sports are cycling, swimming and gym sessions suggesting that any numeric reduction or increase in this age group will not have a significant impact on sports hall participation.

Table 4.7: Most popular sports in Arun (Source: Active People Survey)

Sport	Arun		South East		England	
	No. (000s)	Rate	No. (000s)	Rate	No. (000s)	Rate

⁸ Although APS 10 has been carried out the local sports profiles are not yet available hence why APS 9 is referred to.

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Cycling	11.6	9.0%	698.4	9.9%	3,789.0	8.7%
Swimming	10.4	8.0%	730.2	10.3%	4,077.4	9.4%
Gym Session	8.9	6.8%	749.8	10.6%	4,786.4	11.0%

Data from APS 9⁹ – available through Active People Interactive

Future demand

As touched upon earlier, It is projected that the overall number of people in Arun will rise by 16, 859 (+11.1%). by 2024 with the following differences in age profile:

- ◀ ...to 2024 – will see an increase of 16,859 (11.1%):
 - ◀ Including an increase of 2,392 (11.1%) 0-15 year olds;
 - ◀ but with a fall of 1,914 (9.4%) 45-54 year olds.
- ◀ ...to 2036 – will see an increase of 31,938 (21.1%) between 2012 and 2036, including a 65.0% rise in the numbers aged 65+ to become around over a third of the population.

As identified earlier the most significant change is the increase in the number of people aged 65+. This will result in different programming requirements in sports halls and increased demand for use at different times (most notably during the day time).

Facilities Planning Model

Sport England's FPM is based on the calculated demand as outlined below; data is once again taken from the May 2016 National Run of the Sport England FPM Arun Profile Report. In the context of demand:

- ◀ The model forecasts that the sports halls in Arun are being used at 66.6% capacity during the peak periods each week. This is in line with both the national (67.3%) and regional figures (65.9%). It is higher than the figures for three of the neighbouring authorities.
- ◀ As a guide, the FPM identifies that sports halls with a used capacity of 80% and above are considered to be uncomfortably busy. Those that have a used capacity of 100% are considered to be theoretically totally full all the time in the peak periods.
- ◀ The model has identified the following used capacity figures for the respective sites within Arun:
 - ◀ Arena Sports Centre – 100%
 - ◀ Arun Leisure Centre – 60%
 - ◀ Littlehampton Swimming & Sports Centre – 82%
 - ◀ Littlehampton Academy – 50%
 - ◀ Littlehampton Badminton & Squash Club – 55%
 - ◀ Six Villages Sports Centre – 91%
 - ◀ The Angmering School – 44%
 - ◀ The St Philip Howard Catholic School – 47%
- ◀ The model highlights that the halls at 3 of the sites are forecast to be well used as they are estimated at having used capacity figures of 100%, 91% and 82% respectively in the weekly peak periods. These sites are likely to be busy during the peak periods with potentially limited opportunities for increased levels of community use.

⁹ See above.

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- ◀ The other sites have lower levels of used capacity and there may well be opportunities to increase community access and usage of these sites.
- ◀ The model suggests that only circa 6% of the current used capacity is from users imported into the district – a total of 418 visits per week in the peak period.

The FPM is used as a guide to predict the usage and capacity of sports halls. The research and consultation carried out broadly agreed with the calculations of the FPM, however, the Arun Leisure Centre used capacity figure of 60% seems particularly low given that it is used throughout the day and is described as busy on evenings and weekends. Used capacity is similar to Littlehampton Swimming & Sports Centre and should therefore be considered as being higher than 60%.

NGB consultation

Badminton

The National Facilities Strategy (2012-2016) vision is 'that everyone in England should have access to a badminton court that enables them to play at the right level - for them'. APS data indicates that Badminton participation (once a week participation: 1x30 minutes for ages 16+) has fallen by c. 10% to 490,200 nationally in the last two years. Badminton England works within a framework to try and increase participation which includes:

- ◀ **Play Badminton:** working with leisure operators to increase casual badminton participation, increase court usage and increase income. Supported by BE staff and national marketing and encompasses several ways to play using an audit process to identify appropriate sites and operators to work with across the regions. Freedom Leisure is now signed up nationally to the Community Badminton Network.
- ◀ **No Strings Badminton:** social pay and play weekly sessions - ideal for casual players of all abilities (ages 16+), led by a friendly, welcoming session co-ordinator.
- ◀ **Essentials:** beginners coaching courses. Learn all the badminton basics at a relaxed pace with beginners coaching sessions over 6-8 weeks, led by BE qualified coaches.
- ◀ **Battle Badminton:** casual competition leader boards; find new players (ages 18+) to play socially in matches where you pick the venue, set the rules and record your results online to earn points and rise the ranks in local and national leader-boards.
- ◀ **SmashUp!** badminton for young people. Court time for 12-16 year olds where they can get involved with fun, big hitting badminton challenges with music and mates.

The 2012-2016 facilities strategy identifies priority one and two areas across the country but Arun is not identified as one of these. These are both determined by statistical analysis of sports hall availability, population, market segmentation and empirical evidence from the regions. Priority one areas are where Badminton England is already working and which therefore have the greater potential for growth. These areas are continually reviewed and we are currently at the stage of developing a new Facilities Strategy for the next funding period and therefore these areas will be under review.

In terms of the County of Sussex there are currently three Community Badminton Networks (Brighton, Chichester & Crawley) and one Performance Centres (Horsham PC). These areas of increased activity from either a community or performance basis.

The NGB reports that none of the clubs or members in the area have highlighted issues with access to facilities. This is not to say that the area does not match the trend across the

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country where courts at peak time are difficult to come by but it has not been raised that this is particularly preventing activity from taking place and people playing the sport.

Littlehampton Swimming & Sports Centre, Six Villages Sports Centre and Arun Leisure Centre are signed up to the Play Badminton Framework and are very active centres in terms of usage and opportunities that they deliver for their local communities. Littlehampton Badminton Club has its own facility which is rare for a club. Hence, this is an important club and facility for the sport. It is the biggest club in the area and has also signed up to the Play Badminton clubs offer so it can offer more opportunities to players in the area including beginners coaching courses and pay and play sessions.

Arun could be seen as an area of potential growth due to the current level of activity taking place. A number of Arun schools signed up to the SmashUp! programme for Sussex. As a result there will be continually growing levels of participation within these schools and the aim is for a number of these to transition into local community exit routes. This could result in more junior badminton clubs being set up or further demand within the clubs already established which would result in greater demand for indoor space and courts.

Similarly the work with the identified Play Badminton sites will focus on increasing badminton activity within these facilities – again impacting on the demand for their courts.

Neighbouring Arun there is also a Community Badminton Network set up in Chichester which is actively developing the sport in the local area. This increase in activity, so close to Arun, could impact on the area in terms of facility usage and participation.

Basketball

The main priorities for Basketball England (BE) are identified as to:

- ◀ Create and maintain a culture of frequent, consistent and continued participation.
- ◀ Provide a clearly defined talent development pathway from the grassroots through to world class performance.

It understands the sport's dependence upon the availability of affordable indoor facilities and equipment. For it to maintain and grow participation, formal and informal, it needs ongoing development of a comprehensive network of indoor facilities. It is, therefore, working alongside partners to create affordable, accessible and suitable indoor facilities to meet the demand for court-time to play and to practice, thereby increasing participation and improving performance. Accessing indoor basketball courts remains one of the biggest challenges in BE's efforts to develop the sport at all levels.

Affiliated clubs are important in delivering regular participation opportunity and play a part in both participation and talent programmes. Accordingly, increased club access to indoor basketball facilities (with multiple courts) will be required to deliver its planned outcomes for participation via programmes including, satellite clubs, Premier league 4 Sport and Talent Development.

Access to secondary school indoor basketball facilities is of prime importance as BE seeks to take advantage of Sport England's commitment to open up school facilities for local community use. The recent State of the Nation Report on sports halls from Sport England showed that 76% are located on educational sites. As well as improving access to existing

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indoor sports facilities BE is continuing to develop capital projects, building facilities with multiple basketball courts for use by clubs to boost participation and drive talent outcomes.

There are two basketball clubs in Arun; The Amazons (ladies) and The Pirates (men). Both teams operate from the Arena Sports Centre and consider the courts to be of good quality. The Amazons reports that the Arena is very flexible with changing court time to suit matches or training. There are two basketball courts at the centre which allows the two clubs to play independently there are no issues with court clashes.

Both clubs report that fees have gone up substantially in the last year with The Pirates stating a 50% increase in hire charges, however The Amazons report that having looked for alternative venues the pricing seems to be in line with other sports centres in the area. The clubs are concerned that this could be a challenge to sustainability going forward as each club only has approximately ten players.

Coaching courses, referees and volunteer numbers are reported by both clubs as a key challenge. The Pirates stated that it is always difficult to find appropriate courses for Level 2 coaching and also for refereeing.

The final key issue for The Amazons is the lack of regular new younger players coming through. The Club is hoping to develop a youth team and to get more girls involved that will then help with the sustainability of the Club in the future. Should the Club expand it is likely that the current facilities available can accommodate any future growth.

Consultation with Angmering School also highlighted that Worthing Thunder Basketball accesses its sports hall three nights a week for training (i.e travels in from the East of the District).

Netball

APS data indicates that Netball participation (once a week participation: 1x30 minutes for ages16+) has fallen by 7% to 148,700 nationally in the last two years. This reverses prior trends.

Back to netball has previously been run at both Six Villages Sports Centre and Arun Leisure Centre but currently there are no sessions running. Consultation did not find any evidence of netball teams playing competitively indoors within the District.

Gymnastics

British Gymnastics (BG) main priorities (for the period 2013-2017) are to:

- ◀ Increase the number of dedicated facilities and improve existing facilities.
- ◀ Increase access to spaces in non-dedicated venues.

There is, however, no geographic focus to the British Gymnastics Whole Sport Plan or Facility Strategy. It is based on need, suitability and partners' ability to support a project to successful completion. There is substantial demand for more gymnastics opportunities and clubs generally with waiting lists a norm (the average BG club reports a waiting list of 35 or more potential participants). A key part of BG's strategy is to increase participation is to support clubs to operate out of their own dedicated facility, offering more time and space

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for classes. There is a definite trend for gymnastics clubs to move into dedicated owned/managed premises (more than 30 did this in England in 2014). BG expects this trend to continue.

Gymnastics is popular in Arun with three main clubs:

Club	Members
Regis Gymnastics (Bognor Regis)	285
Angmering Gymnastics Club (Angmering)	415
Arun Gymnastics and Trampoline Club	244
Total:	944

The three clubs have a total of 944 members. Angmering Gymnastics Club has the most members with 415. The NGB reports that there is a need for more gymnastics opportunities as some clubs report large waiting lists. A key part of British Gymnastics strategy to increase participation is to support clubs moving into their own dedicated facility, offering more time and space for classes. With a vast range of products and programmes and expert assistance to support local delivery; gymnastic activities supported by British Gymnastics are proving successful in the growth of membership and retention of members across the country.

Regis Gymnastics Club

Regis Gymnastics has the only British Gymnastics affiliated dedicated facility in Arun. Consultation with the Club highlighted that it moved to a new facility in 2014 and developed the building in to a dedicated gymnastics facility with work completed May 2015. Currently with 285 members the Club is aiming to continue to increase the number of members estimating that if all available sessions are open the capacity would be for approximately 500 members with many more casual visitors.

The lease of the building is due to expire in eight years' time. It is recommended that negotiations take place to secure the long term tenure at the site.

Angmering Gymnastics Club

The Club reports that it is a junior club with all of the members aged under 18. Currently the Club states that it has a waiting list of up to 300 children as numbers have increased by 50% in the previous three years. The current facility at the Angmering School is attributed to the Club being unable to expand due to restrictions in size. There is a dedicated gym pit and a gymnasium but not all equipment is fixed. The Club uses the facilities four nights of the week and until 2pm on Saturdays which shows the extensive demand that the Club has.

The Club reports that children compete at regional level but they have to travel to Horsham for a purpose built gym that can offer enough training hours to advance the gymnasts. Ideally the Club requires a facility in the area that could be used during the day for various activities and then after school and at weekends by the Club.

Arun Gymnastics and Trampoline Club

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Arun Gymnastics and Trampoline Club is based at the Arun Leisure Centre, training three times a week and offering recreational classes to over 150 children aged between five and 14. All recreational gymnasts train to develop their skills and work towards British Gymnastics proficiency awards. The three gymnastics squads at the Club consist of over 25 gymnasts and train for between three and eight hours a week. They compete in competitions across the South of England at county and regional level.

Trampoline

There is one dedicated club; Dragon Flyers Trampoline Club. The Club is a GymMark and Clubmark accredited club with around fifty members, mostly between the ages of five and 19, but there are a growing number of adults. The Club competes in club and school competitions from local to national level as well as NDP 1 to 8 and National League and worked age group International events. Members are attracted from Portsmouth, Chichester and Littlehampton as well as the local area.

The Club is based at the Regis School where it has access to four high performance trampolines. The adjacent Arena Sports Centre offers recreational coaching for new members and so the Club works closely with the Arena. Dragon Flyers aims to steer its members through the British Gymnastics grading structure from level G to national and international level.

Volleyball

Consultation with Arun Volleyball Club indicated that the Club's main facility is the Six Villages Sports Centre in Westergate, this is the club's home facility and hosts around 15 junior members and 20 adult members. The Club is only three years old but has seen an increase in both senior and junior membership in this time. The Club was previously based at Arun Leisure Centre but due to perceived lack of support from the facility the Club has moved to its current home venue. It is reported that Six Villages Sports Centre has been very supportive of the Club and has made the facilities/equipment available to support future growth of the Club.

The Club is actively trying to increase membership and create a secondary team. A number of the club's coaches host after school clubs at Rose Green Junior School and St Marys Catholic Junior School. In previous years Arun District Council has given the club a £500 grant to assist in these after school clubs.

Summary of demand

A range of mainstream sports operate in Arun utilising all of the main hall sports in Arun. The majority of demand appears to be being met with some exceptions; apart from gymnastics in particular. Consultation indicates Angmering Gymnastics Club is restricted from growing further due to its location at a school. It reports a waiting list of 300. Basketball demand is being met and can be met if demand grows in the future, however, both clubs cite increasing hire prices as a potential issue going forward. Littlehampton Badminton Club has its own facility and demand is being met.

4.4 Supply and demand analysis

Sport England's FPM indicates that:

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- ◀ Simplistic analysis of 'supply vs demand' in relation to sports halls identifies an extremely small 'surplus' in the local authority area – equivalent to less than one badminton court.
- ◀ Current sports hall supply equates to 3 courts per 10,000 of the population which is lower than both national and regional levels. It is also lower than the levels found within each of the neighbouring authority areas included within this analysis.
- ◀ Levels of satisfied demand in Arun are forecast to be 91.50%. This is slightly higher than national levels and below regional levels. The model suggests that circa 14% of the demand that is being satisfied is being met by sports hall provision outside of the district within other neighbouring local authority areas.
- ◀ Levels of unmet demand are below national figures and above regional levels. The current level of unmet demand in Arun is forecast to equate to 748 visits per week during the peak period. Nearly all of this unmet demand is attributed to people living outside the catchment of an existing sports hall facility.
- ◀ This unmet demand is generally spread across the district. Slightly higher levels of Aggregated Unmet Demand can be found in western parts of the district.
- ◀ Used capacity figures are slightly lower than national levels at 66.6%. 3 of the sports hall sites are forecast to have used capacity of at least 80% in the weekly peak periods indicating that they are extremely well used. This analysis suggests that there are likely to be limited opportunities (if any at all) to increase usage of these sites to meet the demands of a growing population.
- ◀ Consideration could be given to exploring whether or not further opportunities exist at other sites across the district as a number would appear to have further capacity that could be utilised.

Although Sport England identified an additional hall within the FPM it is unlikely to impact on the analysis as it was recorded as containing zero badminton courts, the hall was therefore excluded from KKP's analysis.

4.5 Sport England's Facilities Calculator (SFC)

This assists local planning authorities to quantify additional demand for community sports facilities generated by new growth populations, development and regeneration areas. It can be used to estimate facility needs for whole area (District) populations, there are dangers in how figures are subsequently used. It should not be used for strategic gap analysis as it has no spatial dimension and it is important to note that it does not take account of:

- ◀ Facility location compared to demand.
- ◀ Capacity and availability of facilities – opening hours.
- ◀ Cross boundary movement of demand.
- ◀ Travel networks and topography.
- ◀ Attractiveness of facilities.

Table 4.10: Sports Facilities Calculator applied to ONS population increases in Arun:

	Population 2014 (mid-year estimate)	Population estimate 2026	Population estimate 2036
Pop data projection	154,414	172,959	187,221
Population increase	-	18,545	14,262
Facilities to meet additional demand	-	5.3 courts	4.09 courts

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These calculations assume that the current sports hall stock remains accessible for community use and the quality remains the same. It appears that the projected increase in population will add to the demand for sports hall space in Arun. The facilities calculator indicates that up to 2026 there will be a requirement for an additional 5.3 courts. Between 2026 and 2036 there will be a further requirement for 4.09 courts.

In order to test the four scenarios of housing growth, the tables below have used an average household size of 2.5:

Scenario 1: 650 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for courts	Estimated requirement for halls
Increase to 2026	650x 10 years	2.5	16,250	4.19	1.05
Increase to 2036	650x 20 years	2.5	32,500	8.39	2.10

Scenario 2: 758 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for courts	Estimated requirement for halls
Increase to 2026	758x 10 years	2.5	18,950	4.89	1.22
Increase to 2036	758x 20 years	2.5	37,900	9.87	2.45

Scenario 3: 845 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for courts	Estimated requirement for halls
Increase to 2026	845x 10 years	2.5	21,125	5.45	1.36
Increase to 2036	845x 20 years	2.5	42,250	10.90	2.73

Scenario 4: 1000 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for courts	Estimated requirement for halls
Increase to 2026	1000x 10 years	2.5	25,000	6.45	1.61
Increase to 2036	1000x 20 years	2.5	50,000	12.90	3.23

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Based on the figures in the four tables above, the Sports Facilities Calculator shows that with development of 650 dwellings per annum there would be an additional need for at least four courts and one sports hall by 2026 and at least eight courts and two halls by 2036. This rises to the need for at least six courts and one sports hall by 2026 and 12 courts and three halls by 2036 if 1000 dwellings per annum are developed.

Conclusion

Sports hall provision in Arun is of overall reasonable quality and is fit for purpose. Its leisure centres are almost full to capacity at peak periods and are of above average quality. There would seem to be some scope for increasing community use at the education sites.

The Arena Sports Centre, situated in Bognor Regis and the Arun Leisure Centre are assessed as good quality in terms of the sports hall, pool and health & fitness.

Four of the nine sites have changing rooms assessed as below average. This includes the two council facilities of Arun Leisure Centre and Littlehampton Swimming & Sports Centre which require investment to improve quality.

Consultation with a range of NGBs indicates a level of satisfaction with the level of supply of sports hall space although all of them would also like to increase participation further in their sports by expanding the number of sessions to attract participants. It may be that the level of demand, locally, is limited as the general public may believe that facilities are not available and have, therefore, stopped asking. Increasing gymnastics provision appears to be the greatest need as, despite a new facility at Regis Gymnastics Club, the Angmering Club reports a waiting list of 300.

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4.6 Summary of key facts and issues

- ◀ The FPM indicates 11 hall spaces, 10 of which are 3+ court sized halls available for community use.
- ◀ KKP's audit identifies ten 3+ court sports halls on eight sites. All eight offer community use.
- ◀ One additional hall at Arun Leisure Centre was included within the FPM that KKP excluded. The hall is recorded as having zero badminton courts and KKP therefore discounted this area as it was felt the hall had little impact on the analysis.
- ◀ The dual use agreement at Arun Leisure Centre (dry side) is due to expire in 2036 but the swimming pool lease runs until 2054.
- ◀ The FPM indicated a small surplus of sports hall space which equated to less than one badminton court.
- ◀ Sports hall quality is variable but three are below average quality, five are above average and two are good quality.
- ◀ Four of the nine sites have changing rooms assessed as below average. This includes the two council facilities of Arun Leisure Centre and Littlehampton Swimming & Sports Centre which require investment to improve quality.
- ◀ Nearly two thirds (63.4%) of the population resides within a 20 minute walk time of a sports hall.
- ◀ Arun does not have an 8-court hall; this may limit its capacity to accommodate certain sports hall sports or the levels of competition which can be held in the District.
- ◀ Freedom Leisure runs Six Villages Sports Centre (on behalf of the Six Villages Academy), Bersted Community Centre, Arun Leisure Centre and Littlehampton Swimming & Sports Centre on behalf of Arun District Council. The Arena Sports Centre is managed by United Learning and the remaining sites are managed privately or by the individual school.
- ◀ There is limited opportunity to extend the volume of community use in any of the facilities.
- ◀ FPM indicates some level of justification for increasing provision of publicly available sports hall space in Arun – current facilities are forecast to be extremely well used limiting opportunity to increase usage to meet demand from a growing population, particularly if expected housing development goes ahead.
- ◀ NGBs highlighted Arun as an important area across the various hall sports. Badminton, gymnastics and basketball in particular.
- ◀ Gymnastics demand is particularly strong, especially at Angmering Gymnastics Club which has a waiting list of 300 and states that it is restricted to grow by space at its current facility.
- ◀ Based on ONS future population growth it is expected that Arun will require between five and ten courts up to 2036.
- ◀ Based on housing developments of the four 'dwellings per annum' scenarios it is expected that Arun will require between 4 and 12 additional courts by 2036.

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PART 5: SWIMMING POOLS

A swimming pool can be defined as an “enclosed area of water, specifically maintained for all forms of water based sport and recreation”. It includes indoor and outdoor pools, freeform leisure pools and specific diving tanks used for general swimming, teaching, training and diving. Many small pools are used solely for recreational swimming and will not necessarily need to strictly follow the NGB recommendations. It is, however, generally recommended that standard dimensions are used to allow appropriate levels of competition and training and to help meet safety standards. Relatively few pools need to be designed to full competition standards or include spectator facilities.

Training for competition, low-level synchronised swimming, and water polo can all take place in a 25 m pool. With modest spectator seating, pools can also accommodate competitive events in these activities. Diving from boards, advanced synchronised swimming and more advanced sub-aqua training require deeper water. These can all be accommodated in one pool tank, which ideally should be in addition to the main pool.

The NGB responsible for administering diving, swimming, synchronised swimming and water polo in England is the Amateur Swimming Association (ASA).

5.1 Supply

This assessment is concerned with larger pools available for community use (no restrictions to accessing the pool as a result of membership criteria). As such, pools that are shorter than 20 metres in length and/or located at private member clubs offer limited value in relation to community use and delivery of outcomes related to health and deprivation and are excluded from the assessment.

5.1 Sport England Facilities Planning Model (FPM)

The FPM for Arun was undertaken using 2016 National Facilities Audit data. The analysis provides a useful starting point in identifying the issues and challenges for District swimming provision. The analysis identifies a supply of six swimming pools, four of which are main pools. Sport England recommends that FPM reports should not be considered in isolation but should form part of a wider assessment of provision at local level, using other available information and knowledge, as the modelling and dataset builds in a number of assumptions. The four main pools are:

Facility name	Pool size	Lanes	Built	Refurbished	Public/ Commercial
Arena Sports Centre	25x8m – 200m ²	4	1966	2009	P
Arun Leisure Centre	25x17m ¹⁰ - 425m ²	8	1996	-	P
Littlehampton Swimming & Sports Centre	25x13m - 325m ²	6	1983	2008	P
Virgin Active - Rustington	25x8m – 200m ²	6	2002	2008	C

¹⁰ Arun Leisure Centre is 17.5m in width not 17 as stated in the FPM. However this is a minor difference of 12.5 m² of water space.

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NB: Although Virgin Active is included within the Sport England FPM run in reality the pool is not considered as community accessible and is therefore omitted from the other analysis within this section.

Key findings from the FPM are that:

- ✦ Arun has a supply of 8.58m² of water space per 1,000 of population. This figure is significantly lower than the figures for England and the South East Region. It is also higher than all of the neighbouring authority areas included in this analysis.
- ✦ Three of the sites are classified as public whilst the Virgin Active Club is classified as commercial
- ✦ The number of hours available a week does vary a great deal from site to site. The main pools at Arun Leisure Centre and Littlehampton Swimming & Sports Centre are available for 91 hours and 103.5 hours respectively per week. The pool at the Arena Sports Centre is available for 71 hours per week and the pool at Virgin Active is available for 101.5 hours per week.

Quantity

The audit identifies 18 pools at 12 sites in Arun.

Table 5.1: All identified swimming pools in Arun

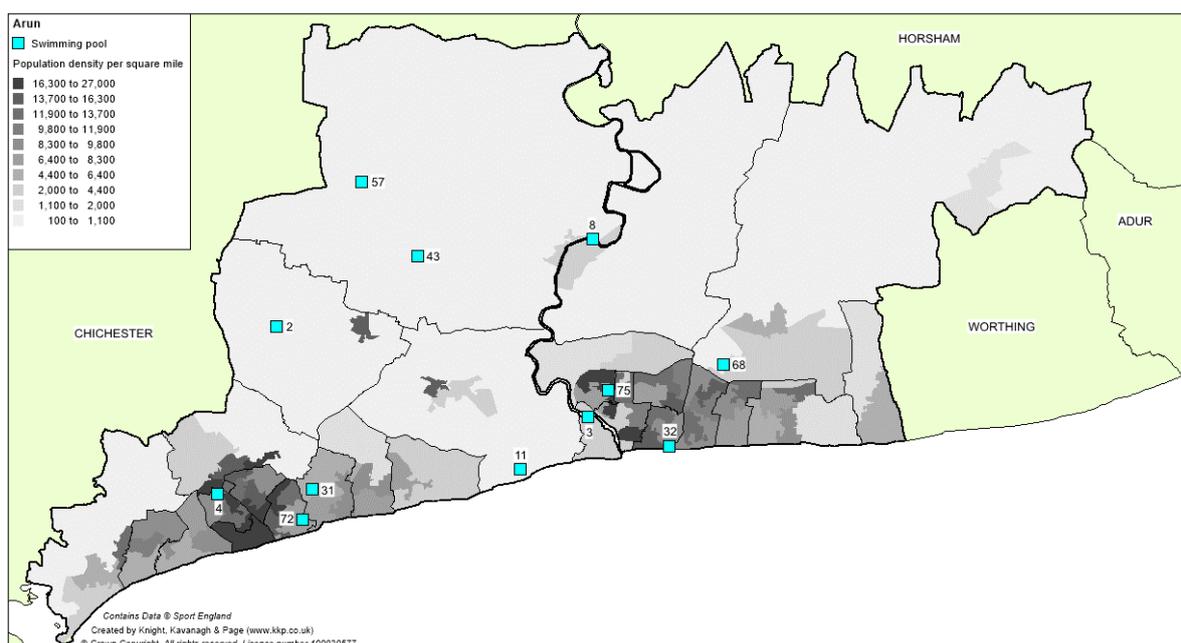


Figure 5.1: All identified swimming pools in Arun

Map ID	Site	Lanes	Comm. Use	Type
2	Aldingbourne Primary School	0	No	Lido
3	Aqualife Swim School	0	No	Learner/ Teaching/ Training
4	Arena Sports Centre	4	Yes	Main/General

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Map ID	Site	Lanes	Comm. Use	Type
8	Arundel Lido	4	Yes	Lido
8	Arundel Lido	0	Yes	Lido
11	Bailiffscourt Hotel Spa & Gym	0	No	Learner/ Teaching/ Training
11	Bailiffscourt Hotel Spa & Gym	0	No	Lido
31	Arun Leisure Centre	0	Yes	Learner/ Teaching/ Training
31	Arun Leisure Centre	8	Yes	Main/General
32	Littlehampton Swimming & Sports Centre	0	Yes	Learner/ Teaching/ Training
32	Littlehampton Swimming & Sports Centre	6	Yes	Main/General
43	Livingwell Health Club (Arundel)	0	No	Learner/ Teaching/ Training
43	Livingwell Health Club (Arundel)	0	No	Lido
57	Slindon College	0	No	Lido
68	Virgin Active Club (Rustington)	6	No	Main/General
72	Waterworld (Butlins)	0	No	Leisure Pool
72	Waterworld (Butlins)	0	No	Lido
75	White Meadows Primary School	0	No	Lido

The Arena Sports Centre, Arun Leisure Centre and Littlehampton Swimming & Sports Centre are the only pools considered to be accessible for community use due to their size and the limited availability to the public of the other venues. Other pools serve the needs of some sections of the community, for example, at Virgin Active Club (Rustington) private swimming lessons are provided, however the pool is not open to the public without membership.

13 Facilities are excluded from the FPM due to being lidos, holiday park pool/ leisure pools or small teacher pools. They are excluded based on their ability to fulfil the need of swim clubs and recreational swimmers. In most cases the pools are too small or are only available at certain times, i.e. are seasonal.

Although a commercial facility, the pool at Virgin Active is included within the FPM. It is 25m, with water space of 200m², however for analysis other than the FPM it has been excluded as it is not considered to be a community accessible facility.

Quality

As part of the assessment, KKP visited main swimming pools and completed non-technical visual assessments. It is necessary to include an assessment of changing provision as this can also play a significant role in influencing and attracting users (especially the elderly, women and some BME communities). The ratings criteria can be seen below:

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Quality ratings of indoor sports facilities using ANOG:

	Quality rating
Good	Facility is assessed as being new or recently invested, up to date, well maintained, clean and well-presented and generally no older than ten years. Fixtures, fittings, equipment and sports surfaces are new or relatively new with little if any wear and tear. The facility is well lit with a modern feel. Ancillary facilities are welcoming, new or well maintained, fit for purpose, modern and attractive to use.
Above average	Facility is in reasonable condition and is well maintained and presented. May be older but it is fit for purpose and safe. Fixtures, fittings, equipment and sports surfaces are in an acceptable condition but may show some signs of wear and tear. Ancillary facilities are good quality, but potentially showing signs of age and some wear and tear.
Below average	Facility is older and showing signs of age and poor quality. Fixtures, fittings, equipment and sports surfaces are showing signs of wear and tear. The facility is usable but quality could be improved. The facility is not as attractive to customers and does not meet current expectations. Ancillary facilities are deteriorating, reasonable quality, but usable.
Poor	The facility is old and outdated. Fixtures, fittings, equipment and sports surfaces are aged, worn and/or damaged. The facility is barely usable and at times may have to be taken out of commission. The facility is unattractive to customers and does not meet basic expectations. Ancillary facilities are low quality and unattractive to use.

Ratings are based on a non-technical visual assessment carried out by a KKP assessor. Assessments take into account the age of the facility and condition of surfaces, tiles and walls. Line markings and safety equipment are rated, any problem areas such as mould, damage, leaks etc. are noted. Condition of fixtures, fittings and equipment are recorded. Adequate safety margins are important.

Maintenance and wear of the facility is taken into account. Disability Discrimination Act compliance is also noted, although not studied in detail for the purposes of this report. When all this data has been collated, an overall quality rating is awarded to each facility at a site.

The quality ratings of the three venues which allow for community use are shown in Table 5.2.

Table 5.2 Community accessible pools within Arun (set alongside quality)

Map ID	Site	Lanes	Length	Condition	
				Pool	Changing
4	Arena Sports Centre	4	25.0	Good	Good
31	Arun Leisure Centre	8	25.0	Above average	Below average
32	Littlehampton Swimming & Sports Centre	6	25.0	Above average	Below average

The quality assessment identifies that Arena Sports Centre's changing rooms and swimming facility are both good quality. This facility has been updated most recently in 2009 and is a deck level pool. Changing rooms are modern and up to date.

The pools at the two leisure centres are also considered to be of above average quality and were refurbished at a similar time to the Arena; Littlehampton Swimming & Sports

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Centre in 2008 and Arun Leisure Centre in 2006. The changing facilities however feel more dated and require upgrading.

Accessibility

As with indoor facilities appropriate walk and drive-time accessibility standards are applied to swimming facilities to determine deficiencies in provision. The normal acceptable standard is a 20 minute walk time (1 mile radial catchment) for an urban area and a 20 minute drive time for a rural area. This enables analysis of the adequacy of coverage and helps to identify areas currently not serviced by existing provision

Figure 5.2 indicates the one mile radial catchment area which, for modelling purposes, is used to help determine accessibility in urban areas (as opposed to 20 minute drive time in more rural areas). As noted earlier, Arun is a mix of both urban and rural areas. The catchment areas illustrated highlight the fact that only 38.2% of the District population lives within a one mile catchment of accessible swimming pools; this means that almost two thirds (61.8% of the population) do not.

Figure 5.2 Community accessible pools - 20 minute walk time

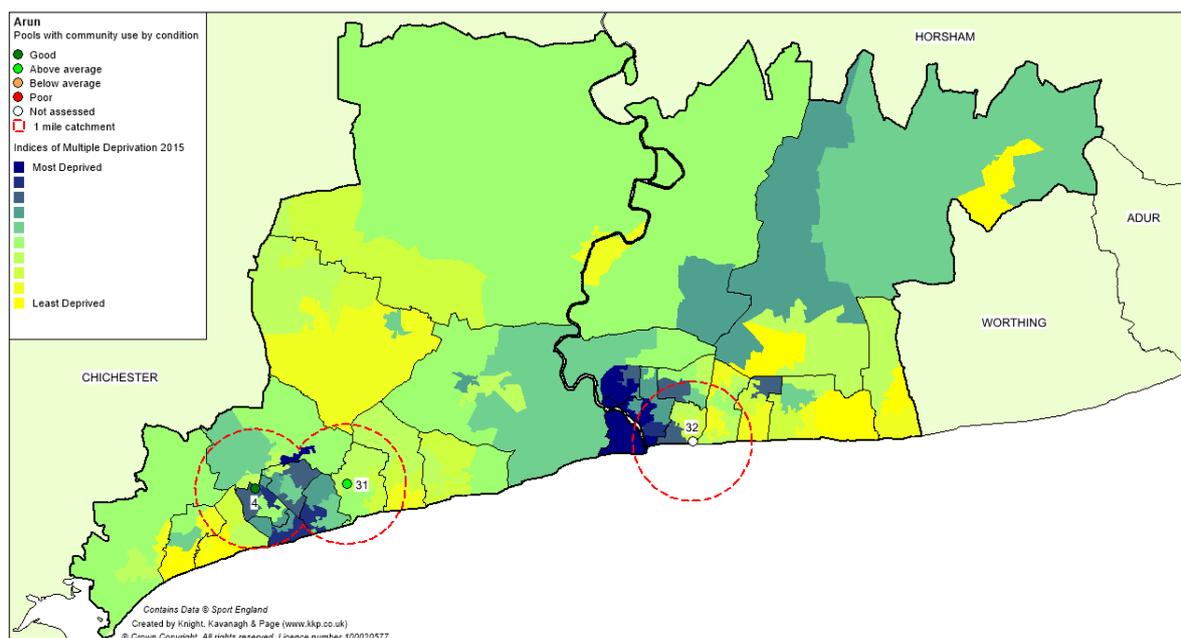


Table 5.3: IMD 2015 populations: Arun pools with community use with 20 minute walk catchments

Indices of Multiple Deprivation 2015 10% bands	Arun		Swimming pools (with community use)			
	Population in band (mid-2012)	% Population in Band	Persons inside catchment	% Population inside	Persons outside catchment	% Population outside
00 - 10%	6,342	4.2%	1,220	0.8%	5,122	3.4%
10 - 20%	8,868	5.9%	8,868	5.9%	0	0.0%
20 - 30%	11,070	7.3%	7,823	5.2%	3,247	2.2%

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Indices of Multiple Deprivation 2015 10% bands	Arun		Swimming pools (with community use)			
	Population in band (mid-2012)	% Population in Band	Persons inside catchment	% Population inside	Persons outside catchment	% Population outside
30 - 40%	15,228	10.1%	9,253	6.1%	5,975	4.0%
40 - 50%	16,997	11.3%	7,805	5.2%	9,192	6.1%
50 - 60%	22,917	15.2%	4,735	3.1%	18,182	12.1%
60 - 70%	27,699	18.4%	9,325	6.2%	18,374	12.2%
70 - 80%	14,950	9.9%	6,796	4.5%	8,154	5.4%
80 - 90%	17,383	11.5%	1,756	1.2%	15,627	10.4%
90 - 100%	9,423	6.2%	0	0.0%	9,423	6.2%
Total	150,877	100.0%	57,581	38.2%	93,296	61.8%

Figure 5.3: Community accessible swimming pools with 20 minute drive time catchment

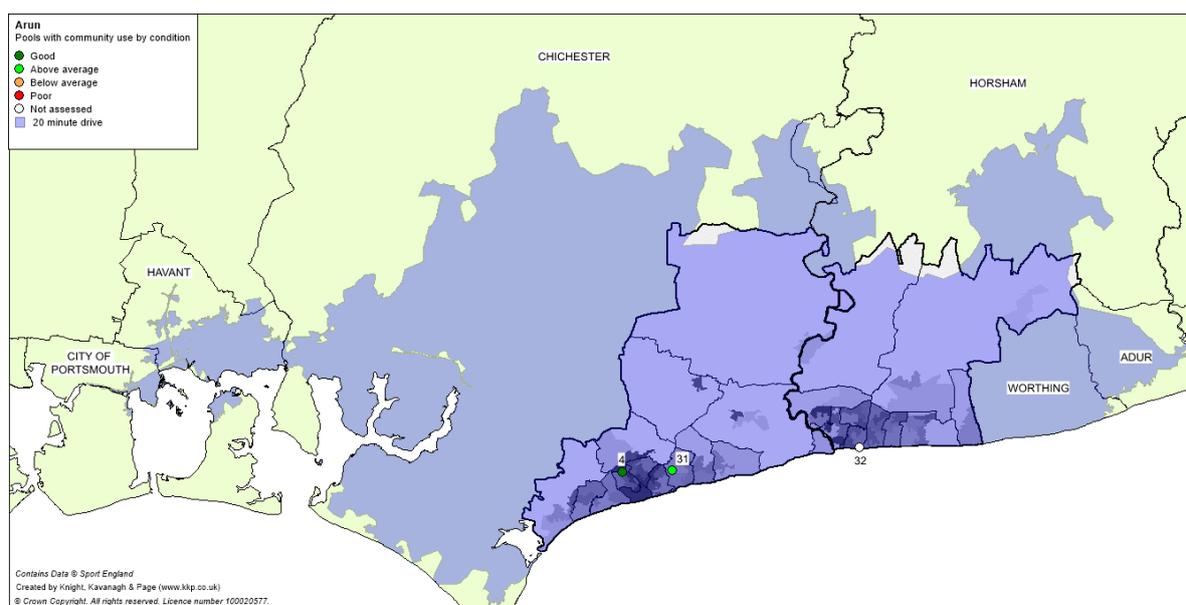


Table 5.3 and Figure 5.2 indicate that only 38.2% of residents live within the 1 mile radial catchment of a swimming pool; indicating that 61.8% are outside. This suggests that, potentially, not all pools are located in the most appropriate locations.

Only a small percentage of the most deprived communities (i.e. 30% most deprived) are outside of the 1 mile radial catchment of a swimming pool. Of the 61.8% of residents that live outside the 1 mile radial catchment of a swimming pool the majority (75%) are within the 50% least deprived communities. Figure 5.3 indicates that all areas of the District are within a 20 minute drive time.

The new facility being created in Littlehampton will include the building of a new pool which will have eight lanes. This will replace the current six lane pool giving additional pool space in Littlehampton.

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Usage

The FPM forecasts that swimming pools in Arun are being used at 71.2% capacity during the peak periods each week. This is higher than the national figure (65.7%) and the regional figure (62.6%). It is also higher than the two neighbouring authorities to the east and west. As a guide; the FPM identifies that swimming pools with a used capacity of 70% and above are considered to be busy. Those that have a used capacity of 100% are considered to be theoretically full all the time in the peak periods. Therefore, in general terms, the current supply of swimming pools within Arun are considered to be busy.

The model forecast the following used capacity figures for each of the facilities in Arun:

- ◀ Arena Sports Centre – 89%
- ◀ Arun Leisure Centre – 68%
- ◀ Littlehampton Swimming & Sports Centre – 74%
- ◀ Virgin Active Club (Rustington) – 58%

This analysis suggests that three of the swimming pools are likely to be busy during peak periods with potential limited capacity for further usage. Based on the research and consultation Arun Leisure Centre used capacity is likely to be higher than 68%.

The model also suggests that 94.3% (7,047 vpwpp) of the overall current used capacity is from Arun residents and is being retained within the district. Only 5.7% (425 vpwpp) is imported from other neighbouring authority areas.

5.3 Demand

Analysis of demand for swimming pools

NGB key issues

Consultation with the Amateur Swimming Association (ASA) confirms that the headline objectives of 'More people learning to swim, more people swimming regularly, more medals on the world stage,' which are contained within the ASA Strategic Plan – 2013-17 remain. The NGB is currently developing its facilities strategy.

It considers all usable swimming pools to be important for the sport and this is no different in Arun. Local authority pools are of particular importance to the ASA given their ability to support its key objectives of increasing participation and also the talent base (club usage). It should be noted that there is no capital funding available from the ASA, however, by working closely with Sport England the NGB aims to target funding on projects that will have the greatest impact on increasing participation and benefit the sport and its clubs.

The NGB states that liaison with the local clubs indicates that there is insufficient club time available and that an increase in water space would permit the club to grow and increase participation. The FPM run supports this.

The ASA identified one key aquatic club, Littlehampton Swimming Club, within Arun which is Swim 21 accredited. Swim 21 is the ASA's recognised kite mark for the development of effective, ethical and sustainable affiliated clubs.

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Participation as measured by the Active People Survey, suggests that swimming has been in decline nationally over the past 12 months. Consultation with pool operators, however, shows that swimming pool throughput is growing especially with regard to, for example, children's swimming lessons. This detail is not considered by the APS survey process.

Littlehampton Swimming Club

Consultation with Littlehampton Swimming Club highlights that it is a competitive club of 130 members plus 70 learn to swim, of which, 90% of the members are under 16. The Club trains primarily at Littlehampton Sports Centre but also uses Arun Leisure Centre and the Arena Pool at Bognor. The Club states that all are perfectly acceptable training facilities. It hires pools for approximately 20 hours per week. It also has very late pool times up to 10pm which is not ideal for the younger swimmers (all swimmers who do late training are aged 12 upwards).

The Club has a large waiting list and is able to expand should more pool time become available. It is looking to potentially merge with another local club within the next 18 months which will further increase demand for pool time.

The Club runs three successful open meets a year which attract approximately 250 local/Sussex/Hampshire swimmers per event. The Club suggests that these could be expanded if more viewing/spectator area was available.

Bognor Regis Swimming Club

Bognor Regis Swimming Club is an established club with over 100 members. The Club accesses the Arena Sports Centre for over 36 hours each week in order to run all of its sessions. The Club provides coaching for novices through to national standard competitive swimmers. The different squads each week are

Older Swimmers

The population growth in Arun highlights significant growth at the 60+ age groups. Swimming is a popular activity amongst older people, particularly in relation to low impact exercise. Freedom Leisure offer free swimming for over 75s at both of its sites which will support activity at this age group.

Freedom Leisure

Freedom Leisure commented that the pools at Arun Leisure Centre (Arun Leisure Centre) are both busy pools, especially during the early morning swim and then again at peak times between 4-7.30pm when there are lots of general swimmers as well as a busy lessons programme. Sunday morning general swimming is also a very busy time, especially in the learner pool. In addition there are also programmed sessions (Aqua Aerobics and fun sessions) which have good attendance.

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5.4 Supply and demand analysis

Sport England's FPM indicates that:

- ◀ Current supply of water space is unable to meet the demand that is generated by the current population of Arun.
- ◀ The supply/demand balance identifies a 'shortfall' of 350m² of water space. This figure is likely to be even higher given that this includes the Virgin Active pool.
- ◀ Swimming Pool supply equates to 8.58m² of water space per 1,000 of population. This figure is below the comparable figures for England and the South East Region.
- ◀ Levels of satisfied demand within Arun are lower than national and regional figures.
- ◀ Unmet demand is forecast as being 8.5%. The model suggests that 797 visits per week in the peak period are not being met by the current supply of water space. The model has converted this to an equivalent amount of water space – 132m².
- ◀ The main cause of unmet demand is identified as being the fact that people live outside of the catchment of a current facility. Aggregated unmet demand is identified as being highest in eastern parts of the district.
- ◀ The swimming pools within the district are forecast to be operating at 71.2% used capacity during the weekly peak period - this is above national and regional levels. The three public facilities are forecast as being busy during the weekly peak periods which might limit opportunities for further levels of community usage.
- ◀ The data suggests that current levels of provision are comparatively low and that the public swimming pool facilities are well utilised.

Both the FPM and consultation with the main facility provider indicates that there is an under provision of water space for its current population. More strain is likely to be placed on current facilities as the levels of projected population increase.

5.5 Sport England's Facilities Calculator (SFC)

This was created to assist local planning authorities to quantify how much additional demand for the key community sports facilities, is generated by populations of new growth, development and regeneration areas. While it can be used to estimate facility needs for whole area populations it should not be used for strategic gap analysis as it has no spatial dimension. The SFC does not take account of:

- ◀ Facility location compared to demand.
- ◀ Capacity and availability of facilities – opening hours.
- ◀ Cross boundary movement of demand.
- ◀ Travel networks and topography.
- ◀ Attractiveness of facilities

Table 5.6: SFC applied to (ONS estimated) population increase in Arun up to 2036

	Population 2014 (mid-year estimate)	Population estimate 2026	Population estimate 2036
Pop data projection	154,414	172,959	187,221
Population increase	-	18,545	14,262
Facilities to meet additional demand	-	3.46 lanes	2.66 lanes

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The sports facilities calculator indicates that up to 2026 there will be a requirement for an additional 3.46 lanes. Between 2026 and 2036 there will be a further requirement for 2.66 lanes.

In order to test the four scenarios of housing growth, the tables below have used an average household size of 2.5:

Scenario 1: 650 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for lanes	Estimated requirement for pools
Increase to 2026	650x 10 years	2.5	16,250	3.07	0.77
Increase to 2036	650x 20 years	2.5	32,500	6.13	1.53

Scenario 2: 758 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for lanes	Estimated requirement for pools
Increase to 2026	758x 10 years	2.5	18,950	3.57	0.89
Increase to 2036	758x 20 years	2.5	37,900	7.15	1.79

Scenario 3: 845 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for lanes	Estimated requirement for pools
Increase to 2026	845x 10 years	2.5	21,125	3.99	1.00
Increase to 2036	845x 20 years	2.5	42,250	7.97	1.99

Scenario 4: 1000 dpa.

Year	Total New Dwellings	Household size	Total new population from housing	Estimated requirement for lanes	Estimated requirement for pools
Increase to 2026	1000x 10 years	2.5	25,000	4.72	1.18
Increase to 2036	1000x 20 years	2.5	50,000	9.44	2.36

Based on the figures in the four tables above, the Sports Facilities Calculator shows that with development of 650 dwellings per annum there would be an additional need for at least three lanes and 0.77 pools by 2026 and at least six lanes and one pool by 2036. This

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rises to the need for at least four lanes and one pool by 2026 and nine lanes and two pools by 2036 if 1000 dwellings per annum are developed.

Using both housing growth scenarios and ONS population growth, both indicate that there will be increased demand for both lanes and pool space over the time period used.

The decision to provide extra water space at the new leisure centre planned in Littlehampton should, in part, help to accommodate some of the additional requirements for swimming space.

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5.6 Summary of key facts

In summary, the above consultation and analysis would indicate that Arun is in the following position with regards to its swimming pool provision:

- ◀ This assessment identifies three community accessible swimming sites, however the FPM also identified a fourth swimming pool at Virgin Active (Rustington). It was excluded from the section as it is a private members' pool, however it was included within the FPM calculations.
- ◀ There are also other privately managed swimming facilities including a lido, health clubs and hotels. It is recognised that these may serve some sections of the community but their restricted access or size does not make them community accessible for the purposes of this study.
- ◀ The FPM identifies a shortfall of water equating to approximately 350 m². Furthermore, this includes the Virgin Active pool which is not considered available for community use.
- ◀ The assessment and consultation based analysis also suggests that there may be a need for more community accessible water space due to current population activity levels. This demand on water space is likely to increase as the District population increases.
- ◀ The changing facilities at both Arun Leisure Centre and Littlehampton Swimming & Sports Centre were assessed as below average quality which can lead to a negative user experience. Both facilities require investment to improve.
- ◀ All three of the community accessible facilities are well used at peak time as any pool operating at 70% or above is considered busy. Arena is 89%, Littlehampton Swimming & Sports Centre 74% and Arun Leisure Centre 68%. The pool at Virgin Active is likely to have some spare capacity (operating at 58%).
- ◀ Consultation with the operator is in line with the findings of the FPM which suggests that the pools are busy and operating to capacity at peak times.
- ◀ The three community accessible pools were found to be good (Arena) or above average (Arun Leisure Centre and Littlehampton Swimming & Sports Centre).
- ◀ Catchment analysis indicates that 94.3% (7,047 vpwpp) of the overall current used capacity is from Arun residents and is being retained within the district. Only 5.7% (425 vpwpp) is imported from other neighbouring authority areas.
- ◀ 38.2% of the population resides within one mile of an accessible swimming pool in Arun which indicates that 61.8% of the population are not within walking distance of a swimming pool.
- ◀ Anticipated growth in the local population will increase the pressure on current swimming provision. Should the population rise in line with ONS projections the level of under-provision will rise by approximately four lanes by 2026 and six lanes by 2036.
- ◀ Based on housing developments of the four 'dwellings per annum' scenarios it is expected that Arun will require between three and nine lanes by 2036.
- ◀ The decision to provide extra water space at the new leisure centre planned in Littlehampton should, in part, help to accommodate some of the additional requirements for swimming space.

SECTION 6: HEALTH AND FITNESS SUITES

Health and fitness facilities are normally defined and assessed using a base scale of a minimum of 20 stations. A station is a piece of static fitness equipment and larger health and fitness centres with more stations are generally able to make a more attractive offer to both members and casual users. They can provide a valuable way to assist people of all ages, ethnicities and abilities to introduce physical exercise into their daily lives with the obvious concomitant benefits to health, fitness and wellbeing.

The current state of the UK fitness industry is complex with a variety of providers including the private sector (ranging from low cost operators to the high end market), trusts, schools and local authority operators. Within the UK private fitness market has continued to grow steadily over the last 12 months with an estimated increase of 6% in the number of members. Further, all parts of the country have seen an increase in the number of clubs, members and total market value but only four regions have seen an increase in average membership fees over the last 12 months.

According to State of the UK Fitness Industry Report (2015) there are 319 low cost clubs within the private sector in England. This represents a 24% (62 clubs) increase over the last 12 months. Their membership has passed the one million mark for the first time (41% increase) and the total market value has increased by 43% to under just £300million. The low cost sector continues to be the fastest growing segment of the private health and fitness market.

There are now 25 private low cost chains across the UK with Pure Gym the market leaders for the third year in a row with 92 clubs, having opened 27 in the last 12 months.

6.1: Supply

Quantity

Overall there are a total of 17 fitness suites in Arun accommodating 629 stations across 16 different sites. Research undertaken for the assessment identifies 11 health and fitness suites with 20 stations or more which equates to 553 fitness stations.

The Arena Sports Centre and Regis School are on the same site but not all 90 stations are available to the public all of the time. During the hours of 6.30am-9am and 4pm-10pm, i.e. outside of school hours, all 90 stations are available.

Figure 6.1 illustrates that health and fitness facilities are to be found mainly to the South of the District (servicing main population areas).

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Figure 6.1: Health & Fitness suites (20+ stations) in Arun on IMD

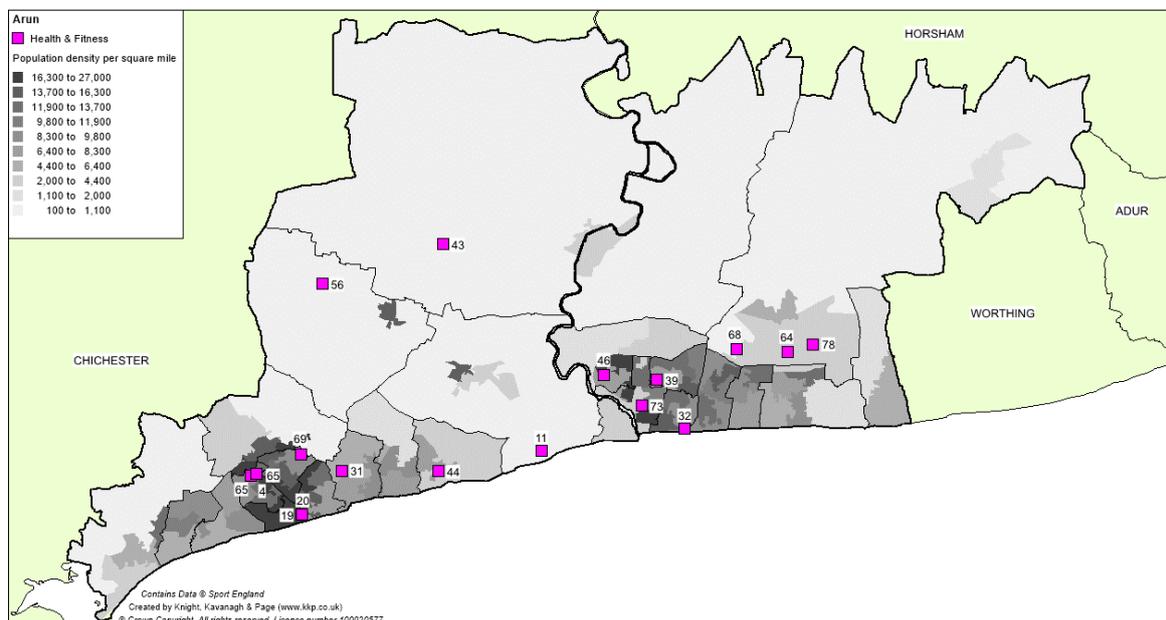


Table 6.1: All health and fitness suites in Arun

Map ID	Site	Stations	Community Use
4	Arena Sports Centre	60	Yes
11	Bailiffscourt Hotel Spa & Gym	10	-
19	Dream Fitness	100	Yes
20	Dream Fitness	50	Yes
31	Arun Leisure Centre	77	Yes
32	Littlehampton Swimming & Sports Centre	55	Yes
39	Littlehampton Academy	11	-
43	Livingwell Health Club (Arundel)	12	-
44	Middleton Sports Club Ltd	10	-
46	Muscle Fury Boutique Gym	20	Yes
56	Six Villages Sports Centre	24	Yes
64	The Angmering School	18	-
65	The Regis School	30	Yes
68	Virgin Active Club (Rustington)	85	Yes
69	VK Gym Total Fitness	28	Yes
73	Wee Old Skool Gym	24	Yes
78	Worthing Rugby Football Club	15	-
Total		617	

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Quality

Site assessments

Arun has 11 health and fitness suites; five available for non-technical quality assessments. No facilities are rated as poor; overall they were assessed as follows:

Table 6.2: Health and fitness suites (c.20+ stations) in Arun with a quality rating

Map ID	Site	Stations	Community Use	Condition
4	Arena Sports Centre	60	Yes	Good
19	Dream Fitness	100	Yes	Not assessed
20	Dream Fitness	50	Yes	Not assessed
31	Arun Leisure Centre	77	Yes	Good
32	Littlehampton Swimming & Sports Centre	55	Yes	Good
46	Muscle Fury Boutique Gym	20	Yes	Not assessed
56	Six Villages Sports Centre	24	Yes	Above average
65	The Regis School	30	Yes	Above average
68	Virgin Active Club (Rustington)	85	Yes	Not assessed
69	VK Gym Total Fitness	28	Yes	Not assessed
73	Wee Old Skool Gym	24	Yes	Not assessed

Table 6.3 Quality rating of health and fitness suites in Arun

Quality rating of assessed health and fitness suites				
Good	Above average	Below average	Poor	Not assessed
3	2	0	0	6

Due to commercial sensitivities private and commercial health and fitness suites are not usually assessed. It is generally acknowledged that they provide good or above average quality facilities.

Accessibility and availability

Sport England's classification of access type defines registered membership use facilities as being publicly accessible; this generally means that people pay a monthly membership fee which can vary considerably. All of the 20+ station fitness suites are therefore considered to be available for community use, however the cost of membership at some sites may prohibit accessibility.

The cost of annual membership varies from c. £400 per annum (Muscle Fury Boutique Gym) with a £20 joining fee to £200 at the Dream Fitness (if paid in one lump sum there is no joining fee). The cheapest monthly membership fee is £15 per month with joining fee with the most expensive at c. £80 per month. Quite clearly, lower income families may have more difficulty paying these fees which may affect their ability to take part. Only one of the private operators (Virgin Active) offers exercise on referral as an option, which again impacts negatively on the hard to reach groups.

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6.2: Demand

Health and fitness via exercising in a gym or class environment is a highly popular form of exercise in Arun, appealing to men and women across a range of age groups. Sport England APS 8¹¹ identifies 11.3% of people currently participating in gym and 3.92% in keep fit for the South East region (data at county and District level is not currently available). This is in line with UK penetration rates of 12% (used in the model below).

To identify the quantitative adequacy of provision a demand calculation based upon the assumption that 'UK penetration rates' will increase slightly in the future is applied. Population increases are also factored in to enable a calculation of whether current supply will meet future demand.

Table 6.4: UK penetration rates for health and fitness suites in Arun (ONS data)

	Current	Future (2026)	Future (2036)
Adult population	154,414	172,959	187,221
UK penetration rate	12%	13%	14%
Number of potential members	18,530	22,485	26,211
Number of visits per week (1.75/member)	32,428	39,349	45,870
% of visits in peak time	65	65	65
No. of visits in peak time (equated to no. of stations required i.e. no. of visits/39 weeks*65%)	540	656	764

The model identifies 1.75 visits per week by members and 65% usage during 39 weeks of the year. (All figures rounded up/down)

According to UK penetration rates there is a current need for 540 stations across Arun. This is expected to grow to 656 by 2026 and to 764 by 2036. It is also necessary to factor in comfort and accessibility, at peak periods, in particular. The requirement, therefore could be up to double the numbers found in the model, and at least 50% higher, i.e. 810 currently, 984 by 2026 and 1146 by 2036.

When comparing the number of community accessible stations currently available (553) there appears to be a sufficient supply of stations to service the adult population but without a comfort factor. Using a 50% comfort factor there is a current shortfall of 257 stations, which will rise to 431 in 2026 and 593 in 2036.

It is not uncommon for the private sector to fill such gaps with a range of health and fitness stations (as is already evidenced to a degree in Arun). The key issue is that while some of these may be budget operators it does not necessarily make them accessible to harder to reach groups and people from areas of (relative) disadvantage (as cost is only one factor which may hinder usage).

¹¹ Although APS 10 has been carried out APS 8 is the most recent survey which includes this breakdown of information.

6.3: Supply and demand analysis

Health and fitness facilities are seen as an important facet and have been a very successful addition to sports centres over the past three decades. Income derived from them can help to offset the cost/underpin the viability of other aspects of leisure provision, especially swimming. It is also noted that studio space forms an important aspect of the health and fitness offer enabling activities to take place, often enabling sports hall space to be freed up.

Arun has a total of 629 fitness stations across 11 sites, of which 553 are considered to be available for community use. The challenge remains as to whether these facilities continue to provide opportunity for those in the most disadvantaged areas. Furthermore, as the model in table 6.4 indicates there is an under supply of fitness stations across the District which will only increase as the population increases.

6.4 Summary of key facts and issues

- ◀ There are 17 health and fitness suites identified in Arun, 11 of which have 20 or more stations.
- ◀ The choice is good ranging from commercial operators covering the full range of spa, health and beauty to local authority provision.
- ◀ According to Sport England's definition all venues of over 20 stations are accessible to the wider public providing 553 stations.
- ◀ Leaving aside the commercial facilities, there are three good facilities and two above average facilities.
- ◀ Using UK penetration rates for health and fitness suites current demand is being met in Arun but there will be future shortfalls of 103 by 2026 and 211 by 2036.
- ◀ Using a 50% comfort factor there is a current shortfall of 257 stations, which will rise to 431 in 2026 and 593 in 2036.
- ◀ The disparate nature of management of health and fitness facilities can make it difficult to co-ordinate the offer that they make, however, it is important that the local authority continues to ensure that its own venues (and preferably some of the commercial offer) is accessible to relatively disadvantaged and hard to reach groups in the District.

SECTION 7: INDOOR BOWLS

7.1 Introduction

There are four formats of the sport played indoors:

- ◀ **Flat Green/level Green Indoor Bowls** played on purpose built Indoor Bowls Green. Facilities can be made up of any number of Greens (which are then divided into Rinks). Split-Greens is not uncommon. Often required due to premises structure limitations.
- ◀ **Short mat Bowls** is played on a mat measuring 40-45 x 6 feet with full-size bowls (as used for Indoor and Outdoor Flat Green Bowls). The playing area needs to accommodate a mat 6 feet wide and 45 feet long. It is played in village halls, community centres, social clubs, leisure centres,
- ◀ **Carpet Bowls** is played on a shorter (6 feet by 30 – 32 feet) and all the bowls are of No 3 size which are small enough for children and people who have difficulties holding larger bowls.
- ◀ **Long Mat Bowls** played on rolled out carpet which enables participants to play the game (albeit without ditches) as found in purpose built sites. Rolled out carpets are heavy and require time to install/lift from sports halls. They are found in areas of the Country where there is no purpose built Indoor site.

An indoor bowling centre typically comprises a single flat green with a number of rinks and ancillary accommodation such as changing rooms, lounge/bar, viewing area, kitchen, office/meeting rooms and stores plus designated car parking. The size of ancillary accommodation varies according to the number of rinks available.

A successful indoor bowls centre requires a combination of the right location, design, and financial and general management. Sport England¹² guidelines on catchment for indoor bowls centres are set out to be interpreted in the light of local circumstances:

- ◀ Assume the majority of users will live locally and not travel more than 20 minutes.
- ◀ Assume 90% of users will travel by car, with the remainder by foot.
- ◀ As a guide, demand is calculated as one rink per 14,000-17,000 of total population.
- ◀ A six-rink green, therefore, is required for a population of 85,000-100,000. This will be dependent upon the population profile of the area.
- ◀ The number of rinks required can be related to the estimated number of members, assume 80-100 members per rink.

The English Bowls Association (EIBA) is the NGB for indoor bowls. Its stated objectives are:

- ◀ A growth in participation across the adult population in local communities. Targeted work to increase female participation.
- ◀ A growth in participation in the 14-25 age range, plus working with primary schools (Year 3 & 4 – age 7 to 9).

¹² Sport England Design Guidance Note Indoor Bowls 2005

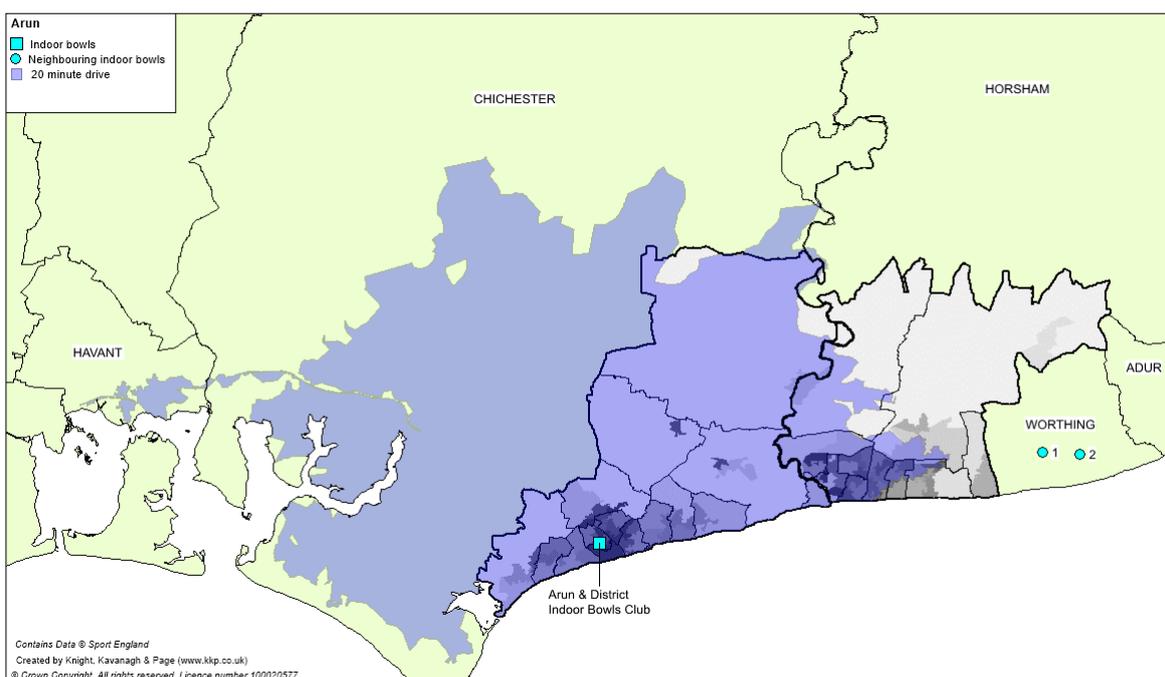
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- ◀ The provision of an excellent sporting experience for new and existing participants.
- ◀ A growth in indoor bowls participation by people who have disabilities.

7.2 Supply

Quantity and accessibility

Figure 7.1: Indoor bowls facilities within 20 minute drive time of Arun District



Map ID	Site
1	Worthing Indoor Bowls Club
2	Worthing Pavilion Bowls Club

There is one indoor flat green bowling facility in Arun, located in Bognor Regis. Figure 7.1 shows that there are two indoor bowls clubs in Worthing, which borders Arun. Although these clubs are outside of the 20 minute drive time from the facility, they are within the drive time catchment of the east of the district and provide residents in this area with a choice on indoor bowls venue. Therefore, all residents in Arun live within 20 minutes' drive of an indoor bowls facility

Table 7.1: Quality of indoor bowls facility in Arun

Site	Rinks	Condition	Changing
Arun District Indoor Bowls Club	6	Good	Above average

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7.3 Demand

There is a national and regional decline in demand for bowls as reflected in Figure 7.2 overleaf. APS data is not available on a county basis due to the low numbers involved. The data does, however, help to identify trends in the area.

Figure 7.2: National and regional demand

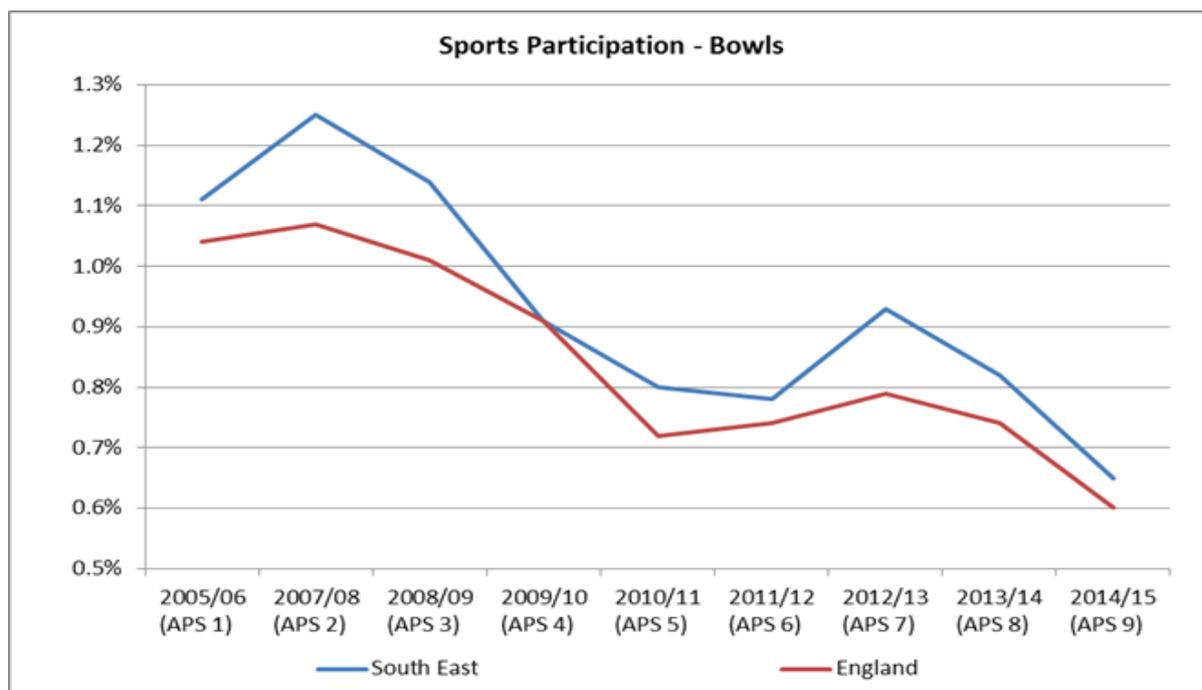


Table 7.2: APS data regarding bowls participation

Area	APS1	APS2	APS3	APS4	APS5	APS6	APS7	APS8	APS9
England	1.04%	1.07%	1.01%	0.91%	0.72%	0.74%	0.79%	0.74%	0.60%
South East	1.11%	1.25%	1.14%	0.91%	0.80%	0.78%	0.93%	0.82%	0.65%

Despite an aging population Figure 7.2 indicates that participation in bowls has decreased in the South East over the last three years and also overall since the start of Active People Survey. Arun is expecting further growth in the 60+ age group in the future, however trends for participation should be monitored as this does not necessarily mean that demand for bowls will also increase; as seen above.

Club consultation

Arun and District Indoor Sports Club has a strong membership base with approximately 600 members. Of those, 25% are social members with 75% playing members. There are five members below 18 years of age. Membership has decreased in the previous three years. The majority of members live within 2-5 miles of the facility, with the club indicating that over 75% are based in Arun itself.

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The centre has six rinks which the club describes as good quality as well as a bar/café and changing facilities (1 male, 1 female, 1 visitor's). Disabled access is good with seating areas provided. Car parking is for 25/30 cars approximately which is limited given the number of members. All of the maintenance is completed by the club or contracted externally.

Pay and play is available however people may only visit the facility three times without becoming a member. The Club hosts two open days in September and February to encourage new members to join. Teams compete in the national leagues, Sussex County IBA League and Sussex County Women's Indoor Bowls Association. There are no current plans to develop the facility.

7.4 Summary of key facts and issues

- ◀ Despite the increased proportion of older people in the population bowls is experiencing a national decline in popularity.
- ◀ It is still a particularly popular sport amongst older people. The older population (60+years) is expected to increase substantially in Arun up until 2036 thus reinforcing demand. However caution must be taken with increasing provision as national trends show that the sport is declining.
- ◀ Indoor bowls is available at Arun and District Indoor Bowls Club. There is a need to continue to market the club in a positive manner to attract new members as membership has decreased in the previous three years.
- ◀ There does not appear to be any unmet demand for indoor bowling in the area.

SECTION 8: OTHER SPORTS

8.1 Skate Parks

The Base Skate Park

The Base skate park in Bognor Regis has been in operation for just over a year and has seen over 23,000 people through the doors. It is very popular with local children and young people and it is reported that users have travelled from the Isle of Wight, Brighton, Eastbourne, Crawley, and even France.

The facility is indoors and has a range of ramps, half pipes, rails and a foam pit ramp. During school holidays the skate park is open 9am-10pm Monday-Sunday and in term time the park is open 11am-10pm Monday-Friday and 9am-10pm at the weekends meaning that it is open within all of the peak period hours.

Users have the option to pay for single (two hour) sessions at £7 or for four sessions at £20. Members of the facility get a discount and pay £5 and £15 respectively. For members purchasing four sessions it means that each session costs £3.75 which is highly competitive when considered against other available activities in the area.

The Base is run using a sustainable business model including volunteering schemes and community support and engagement. Continuing to ensure the facility is sustainable is key to providing this unique offer in the District.

8.2 Activity Centres for Older People

Arun District Council has two activity centres aimed at improving the health and wellbeing of older people. The centres are not exclusively for sport, but include activities such as short mat bowling, table tennis, darts, dance, chair fitness, yoga and palates.

The Laburnum Centre in Bognor Regis has over 1000 members and a sustainable business model. The facility is purpose built and includes a small fitness suite, studio and a number of activity and consulting rooms. The Tamarisk Centre in Littlehampton is an adapted building and is not able to offer the same range of activities as the Laburnum Centre. Furthermore, the lease on this building expires in 2017 and will leave a gap in provision of a dedicated centre in the East of the District.

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SECTION 9 SWOT ANALYSIS

The following SWOT analysis identifies key issues for discussion;

9.1 Strengths

- ◀ ADC recognises the importance of its leisure facility stock to health and well-being and future planning needs.
- ◀ There is a productive relationship between ADC and the new provider Freedom Leisure.
- ◀ There are ten sports halls and three swimming pools in the District with community access. This is supplemented by opportunities in gymnastics, skateboarding and trampolining.
- ◀ Swimming pools and sports halls are generally in good condition.
- ◀ The three swimming pools are popular and well used with the FPM indicating that all are operating at 68% or above at peak time.
- ◀ All residents in Arun are within a 20 minute drive time of a community accessible swimming pool and sports hall.
- ◀ All of the 3+ court sports halls are available for community use.
- ◀ The six court halls (x 2) cater for a variety of activity programmes and different sports including badminton, basketball, volleyball and gymnastics.
- ◀ The audit did not identify any current unmet demand for sports hall space.
- ◀ A significantly small percentage of the most deprived communities are outside the 1 mile radial catchment for sports halls and pools, suggesting that the facilities are accessible to this market segment.
- ◀ A good range of health and fitness facilities is available in the District (from 20 to 100 stations) with offers across a range of price levels.
- ◀ Programming across the sports halls appears to offer a good breadth of sports/activities.
- ◀ Gymnastics is strong in the District with three clubs each having over 200 members.
- ◀ Volleyball, basketball and gymnastics clubs offer full development programmes from beginners through to national level players/athletes.
- ◀ All residents are within a 20 minute drive time of an indoor bowls facility, one of which is found in Bognor Regis.

9.2: Weaknesses

- ◀ The changing facilities at Arun Leisure Centre and Littlehampton Swimming & Sports Centre were assessed as below average, which could lead to a negative impact on participation.
- ◀ Due to the location of two of the swimming pools (coastal), 61.8% of the resident population are outside a one mile radial catchment. This means that people must rely on public transport or access to a car to use the facilities.
- ◀ The rising age profile of the population could lead to increased demand for facilities during the daytime (when much of the education stock is unavailable for the public).
- ◀ The programming of swimming pools means that currently Littlehampton Swimming Club does not have access to any early morning training with evening sessions finishing at 10pm which is not ideal for younger members in particular.
- ◀ The FPM indicates an undersupply of swimming space equating to approximately 350m². The audit and consultation also identified latent demand for more swimming space in the District.
- ◀ This demand will become more significant as housing and population increases.
- ◀ There is significant unmet demand for gymnastics in the District.

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9.3 Opportunities

- ◀ This is an opportune time for ADC to review how it intends to offer facilities in the future, the communities it wishes to serve and its links with the wider health and wellbeing, obesity and social care agendas. This must, of course, take account of the increasing financial constraints within which it has to work. This is specifically relevant given the health challenges faced by an ageing population.
- ◀ ADC in partnership with Freedom Leisure plus health and wellbeing groups has an opportunity to continue to take a strategic lead and ensure that key decision makers are brought into the strategic process moving forward.
- ◀ The planned new leisure centre in Littlehampton is an opportunity to provide additional facilities that the District needs, for example, water space.
- ◀ A number of Arun schools signed up to the SmashUp! programme for Sussex. As a result there will be continually growing levels of participation within these schools and opportunities to feed in to badminton clubs.
- ◀ Potential for developer contributions to support facility development due to planned housing increases.
- ◀ The new gymnastics facility at Regis Gymnastics Club has the opportunity to increase membership and drive participation still further.
- ◀ ADC needs to continue working with NGBs and voluntary clubs to help drive increases in participation and help draw in external funding.
- ◀ Investment in facilities for the specialist combat sports would appear to be likely to enable the clubs involved to further increase in their particular sports.

9.4: Threats

- ◀ The projected increase in number of older people, allied to the increases in the population will place an increasing strain on the current stock of facilities at specific times - at a time when there is a need for increasing Council efficiencies and cuts.
- ◀ The community health and fitness activity offer across the District could fragment due to the increasing investment in profit making activities (e.g. gyms).
- ◀ Increasing hire charges (due to increasing private and commercial operators) may lead to fewer 'hard to reach groups' participating in activity within local facilities, especially health and fitness.