

Other Venues (Workplace, Home etc)

Activity Box 3.6

Module 3: Different VENUES



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Key Facts

- New popular trends in Sport involvement include an increase in individual activities such as running or yoga (128)
- 80% of employees are willing to do Sport. However, only 7% of businesses would encourage their employees to practice Sport at work. (135)
- Up to a 14% improvement of employees' net profitability compared to an inactive, desk-bound employee
- 7 to 9% of annual health costs could be saved if employees exercised at least 30 minutes a day (135)

Specific Virtual Venues this Activity Box applies to:

Mainly to alternative unrestrictive locations that **do not require a membership/entry fee:**

Private areas

- Home-based activities, including common areas in courtyards, buildings or condominiums
- Workplace

Public locations (non-regulated)

- Public parks and beaches
- Streets (running) and cycling roads
- Forests and other natural resources** (excepting those that are subject to control, E.g., national protected area)

Why is it so important

Contribution

- COVID19 outbreak, with its social distancing consequences, opened up new ways to perform physical activity and Sport in home areas.
- Walking is the simplest, easiest and most affordable way of involvement in Sport.
- Cycling to work is not only a good form of exercise. It also contributes to sustainability.
- Sport provides excellent opportunities to share, enjoy and increase ties with close relationships: family, friends, workmates, neighbours, etc.
- At workplaces, devoting some time to Sport may improve colleague relationships, teamwork and motivation. Employees are less likely to become sick (134)

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International endorsement

COUNCIL OF EUROPE - EUROPEAN SPORT CHARTER (2001):

Sport can bring positive effects on human beings in personal and social development through creative activities.

TAFISA:

Traditional Sport games and new Sport should actively be recognized and promoted as an excellent tool to tackle many challenges of today.

Barriers to Sport that should be overcome

- Ignorance of the vast possibilities of physical activity that are available: Sport adaptations, traditional games, etc.
- Lack of Sport areas in neighbourhoods or workplace
- Lack of awareness and skills at workplace level

Tips and key success factors

Importance of personal trainers

- Whereas the web offers abundant information and resources regarding physical activity and Sport such as tutorials, webinars, master classes, among others.
- When a person performs physical activity alone, potential risk factors such as injuries (e.g., misuse of weights in case of fitness) should be prevented. A good alternative could be to hire a part-time personal coach.
- Personal coaches should be supportive not only on a physical level but on a personal and emotional level as well.

The pleasure and benefits of walking

- Walking is the easiest and cheapest form to be well worked out. It offers a wide-ranging benefit, including better physical and mental health, increased mindfulness and enhanced communication skills (133)
- Shoes are important and could prevent potential injuries
- Chose adequate roads and select distances according to your physical level
- Enjoy a good walk with your most favourite music

Security measures

Whether a participant has a walk in a nearby forest or a cycle ride in town, some measures should be adopted:

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- Know regulations beforehand, e.g., velocity limits
- If you go out alone, inform your relatives where you are going. An unexpected situation can always occur
- Try to wear appropriate clothes
- Having good levels of water is also important. Keep always an extra bottle of water

Sport at home

- Homes as places where people spend the most of their time, family time, and virtuous circles can be created
- Be creative: Take advantage of material you have at home to create amazing moments with kids
- When possible, involve family and friends. This will increase the enjoyment for all
- If doing physical activity alone, try to find a comfortable and appropriate space to work out
- Provide online workouts, tutorials, videos on how to engage in the Sport
- Provide guidance on where the Sport can be played (Sport clubs), who to contact, etc.

Sport in the Workplace (135)

- These are places where working-age adults spend most of their time besides home. It is a structured environment where access to them is easy and introducing Sport for All and PA is possible.
- Sport activities could be organised outside the walls of the business, in group classes, given by a Sport teacher outside the employee's place of work.
- Most popular Sport are yoga, stretching, and running.
- Businesses should provide a suitable place (e.g. table tennis, table, an indoor football pitch, a boxing ring).
- Discuss with HR managers to have "active pauses" or hours off to participate in physical activity.
- Think of creating company Sport clubs and offering the opportunity to employees to train and compete under the name of the company.
- Provide opportunities and incentives, e.g. bike parking lots, showers, use of stairs instead of elevators.

Other tips

- Encourage the creation of groups of runners, walkers or bike riders to join in group activities.
- Walking/running/hiking combined with other pleasure activities such as shopping in a mall or touring a new destination can bring double rewards: fitness and amusement.
- Develop mechanisms to assess the impact of Sport practice on employees' productivity.
- Do not neglect all the security measures described above.

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Available Resources

- Benefits of walking. [Click Here](#)
- Top 15 Indoor Sport to Play at Home. [Click Here](#)
- 40 Fun Outdoor Family Games. [Click Here](#)
- 10 Creative Office Gym Ideas to Promote Fitness in the Workplace. [Click Here](#)
- "Backyard" Olympic Games. [Click Here](#)

Sample Case

Every table can be a table tennis table (ITTF Foundation)

- One of the major obstacles to table tennis practise is the absence of material available, and the difficulty to acquire tables for local organisations.
- A local production allows an almost neutral ecological print, while worldwide shipping of tables has an ecological impact.
- After developing a manual of how to build 5 models of handcrafted tables, the goal is now to create pedagogical content that enables us to provide theoretical knowledge and a practical workshop in building handcrafted tables given over a 5 to 7 days period.

More information:

Project web page. [Click Here](#)

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