

Active

The ISPAL Health and
Physical Activity
Recognition Programme

*A programme to assist
improvement and recognise
organisations that use physical
activity to improve the health of
local communities in Scotland.*



www.ispal.org.uk

Active: The ISPAL Health and Physical Activity Recognition Programme

The Active Programme is run by ISPAL, the Institute for Sport, Parks and Leisure, as part of its commitment to the role of physical activity on overall health and wellbeing, and managed by the leisure management consultant QLM. The scheme is backed by the Scottish Government and supported by Alliance Leisure, which develops quality facilities to support healthier communities.

Recognising good practice

Active aims to acknowledge, reward and help improve organisations in using physical activity to improve the health of the local community.

The Programme recognises good practice in:

- Commitment to the promotion of healthy living
- Commitment to increasing participation in physical activity
- Commitment to the delivery of local health priorities and targets
- Delivery of programmes offering a safe and diverse range of activities
- Delivery of programmes and services that encourage access for all
- Active partnerships to promote healthy living
- A healthy workplace for staff
- Employee development, enabling staff to play their part in delivering the local health agenda

Key objectives

The Health and Physical Activity Recognition programme aims to:

- Help organisations improve the health of their local community
- Help organisations promote effective output-based local strategic partnerships
- Serve as a continuous improvement tool

Who is the Programme for?

The programme is designed to help organisations engaged in the delivery of any type of physical activity programme. It is targeted at both strategic and operational levels, benefiting large or small providers.

Organisations the Programme will be suitable for include:

- NHS Boards
- Further and higher education
- Local authorities (departments, sport and leisure facilities, parks and open spaces)
- Community forests
- Green gyms
- Private companies
- Leisure Trusts
- Community groups and charities

Active

The ISPAL Health and Physical Activity Recognition Programme

How can we get involved?

A key statements guidance and self-assessment pack can be downloaded free of charge from the QLM website at www.qlmconsulting.co.uk.

In-house briefing and implementation workshops are also available from the scheme manager, offering a helping hand to organisations going through the process.

A self-assessment questionnaire, included in the pack, can be used to review your organisation's current approach and identify opportunities for improvement. Once the self-assessment is complete your organisation can be externally assessed, by trained industry specialists, and its approach validated against defined good practice standards. Once certified, your organisation will be provided with a plaque and certificate, valid for two years.

The assessment fee for each organisation is quoted individually, based on the scope and nature of its operation.



What does the external assessment involve?

A robust review of the degree of compliance to the programme criteria relevant to each organisation is undertaken.

The external assessor will collect evidence primarily through discussions with staff and, where appropriate, users or other partner organisations, as well as examining the self-assessment documentation and observing services.

The external assessment is intended as a positive exercise and it is the organisation's responsibility to demonstrate how it complies with the programme criteria. The assessment does not require extensive documented evidence, as a balance between the paperwork and a demonstration of good practice is an important part of the process.

The entire assessment process should not be an onerous task and should not make excessive demands on time and resources.



ISPAL

www.ispal.org.uk

How is the Programme assessed?

The Programme has six criteria, which the assessor will gauge as either 'role model', 'strong', 'satisfactory', 'have minor areas for improvement', 'have major areas for improvement' or 'not applicable', and a report is provided.

There are three overall assessment grades:

1. *Certification - no major areas for improvement identified.*
2. *Deferred Certification - following submission of an acceptable action plan to address identified major areas for improvement.*
3. *Non-certification - a further limited or full assessment is required. (In this case a further fee would be chargeable).*

Once certification is achieved, no further fees are payable until reassessment is due in two years time.



How can Active help you?

"Both the Trust and the Local Authority found the exercise valuable. It provided us with a sound appreciation of our strengths and weaknesses and recognised the good work that we are doing in our local communities."

PCT Health Specialist

"Thanks for making what could have been quite an arduous dayenjoyable"

Green Gym Manager

"We understand the need to be at the cutting edge of our rapidly changing industry. By wholly embracing the scheme we can facilitate Local Authorities in fulfilling their role in increasing physical activity and improving health in their communities."

Director of Private Sector Operator



Active

The ISPAL Health and Physical Activity Recognition Programme

For further information contact:

The Programme Manager

QLM Ltd

The Old Bakery

The Green

Northleach

CHELTENHAM

Gloucestershire GL54 3EX

Tel: 01451 861084

Email: info@qlmconsulting.co.uk