



**THE MOST IMPORTANT
PARTNERSHIP IN GRASSROOTS SPORTS**

local authorities ● sport organisations

COLLECTION OF GOOD PRACTICES

FOCUS ON COLLABORATION 4: WORKFORCE DEVELOPMENT

Latvian Sports for All Association ● Carnikava Municipality

BEST PRACTICE EXAMPLE FROM THE COLLABORATION:

PROMOTING JOINT INVESTMENT OPPORTUNITIES AND DEVELOPING FACILITY MANAGEMENT

Carnikava Municipality has a vision of developing multifunctional sport facilities and this is a goal that we want to reach over the next 5–7 years. So this is an important area for the municipality and together with LTSA we can gain experience in cooperating with other partners. Carnikava Municipality has organised a competition for students in the Architecture faculty of Riga Technical University to gather

ideas for developing a winter sports centre. In addition, the long-term Development Strategy of Carnikava Municipality for 2015–2030 has been approved and one of the priorities is the development of Multifunctional sports facility. The Development Programme for 2015–2021 is also being revised and sport and active lifestyle is one of the top priorities.

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PROMOTION OF SPORT, CULTURE AND TOURISM ON THE LOCAL LEVEL

One of the biggest successes in our cooperation so far is associated with promotion of sport on the local level. The Nordic Walking Festival is an annual activity taking place in Carnikava Municipality. It is organised by trainers working for the municipality and volunteers, who are a big part of delivering this event. Carnikava has a perfect outdoor environment for Nordic walking. The trainers ensure that the walking routes are set out according to the local conditions, making sure they are both challenging and professional. During the festival there is not only a race for competitors, but also an opportunity for beginners to learn. This is very important for the new participants as there always are people who do not want an event to be too competitive. The festival has seen a slight increase of the number of participants year by year, reaching more than 100 last year. There are various benefits for the local community such as sharing the experience together and integration. The long-term goal is to establish a well-known annual event popular in Latvia with increasing participant base.

WORKFORCE DEVELOPMENT THROUGH COMMUNITY INVOLVEMENT: PROFESSIONAL STAFF AND VOLUNTEERS

One of the biggest successes in our cooperation so far is associated with development of the workforce. Several trainers working in Carnikava Municipality have been trained by LTSA on some topics (Nordic walking, healthy lifestyle and eating habits, etc.) Since Carnikava is rather small municipality, the number of trainers who

attend training sessions organised by LTSA is usually five. There are normally five to 30 volunteers involved in the organisation of our sporting events. All of them are instructed on safety and other topics. The training of volunteers mainly is carried out through a "train the trainer" approach; experienced staff member also supervise the volunteers' performances.

DESCRIPTION OF THE PARTNERSHIP

Carnikava Municipality has become an active member of LTSA and a further co-operation agreement has been signed. Our meeting frequency depends on our planned activities and their timing. When our detailed activity plan, together with all partners, is developed and approved – we can begin working on its implementation. We have a protocol in place for our meetings.

OBJECTIVES

- To promote active lifestyle and sport for all principles within the community of Carnikava as well as Latvia.
- To establish an annual Nordic walking festival, which will take place in Carnikava.
- To create a seminar for kids with learning disabilities and mental health issues teachers and parents.
- To develop multifunctional sport facilities.

REACHING THE OBJECTIVES

The annual Nordic walking festival has been implemented and is planned to continue, as outlined above. The success of the event is extending the promotion of active lifestyle and sport for all throughout the community, and has the potential to be extended throughout Latvia. The seminar for kids with learning disabilities and mental health issues teachers

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and parents is event is in planed for November. Our development of multifunctional sport facilities is a long-term goal with a 5 to 7-year timeline.

IMPACT ON THE LOCAL COMMUNITY

The local community benefits from our partnership through several sport for all activities held throughout the year. LTSA conducts an organised training programme for Nordic walking trainers. It has also created great platform for Nordic walking groups for people representing different age groups. Several of these groups have been established already. Surprisingly – the most active group consists of seniors from Carnikava Municipality.

WORKING TOGETHER TO UNDERSTAND AND IDENTIFY LOCAL DEMAND FOR SPORT AND PHYSICAL ACTIVITY PROVISION. SHARING INFORMATION AND DATA.

Mainly local people are expressing their needs by informing Sports Centre of Carnikava Municipality. Since Carnikava municipality is rather small, it is much easier to maintain an exchange of information between local government and citizens. Local administration always welcomes new ideas and is ready to support initiatives of individuals and NGOs.

Currently there is only data available on the number of people attending sport facilities and people participating in sport events organised in Carnikava Municipality, as well as their age and gender. We are planning to conduct surveys among people using sports facilities,

taking part in local sport and physical activities and attending sport events. We want to find out their opinion on Carnikava Sports centre, the quantity and quality of sport events, the availability of infrastructure and their feelings about the impact of physical activity on different aspects of their lives. Nevertheless it is already obvious that number of participants is increasing from event to event, the sponsorship amounts are getting bigger, and local enterprises are becoming more active in offering their goods and services during sport events. Since the demand for sports activities and number of participants is rising, sport is becoming a more and more important part of local government's mid- and long-term strategy and LTSA has been considered as an important cooperation partner.

BUILDING RELATIONSHIPS WITH ADDITIONAL STAKEHOLDERS IN THE PUBLIC AND PRIVATE SECTOR

LTSA is assisting Carnikava Municipality in discovering potential partners and providing them with contact details. Latvian Railway supports the events LTSA organises together with Carnikava Municipality.

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ENSURING FUNDING AND SUSTAINABILITY OF ACTIVITIES WITHIN THE LOCAL AREA AS A PART OF A COMMON STRATEGY

Sustainability is ensured by Carnikava Municipality's budget line dedicated to sport and sponsorship. The promotion of sport and physical activities in Carnikava is being ensured by the work of Carnikava Sports Centre. Carnikava Sports Centre organises a large number of sport and physical activity events and several of these activities are carried out in close cooperation with LTSA.

WORKING TOGETHER TO PROMOTE PHYSICAL ACTIVITY AND SPORT

There have been several training sessions for trainers and coaches organised by LTSA. One of the specific seminars – mobile unit – involves a lecture from a qualified instructor, a university professor, on the basic requirements of physical activity and sport. This is continued with a practical session of Nordic walking and

breathing exercises. Information about active and healthy lifestyles, sport and physical activity are published on the internet sites of Carnikava Municipality and LTSA, and school pupils are informed about this topic on a regular basis. We are also working to create a theoretical platform for the young people in the region with the necessary guidelines in terms of physical activity, healthy nutrition, etc. There are three annual events every year in Nordic walking, which include a hike from Vecaki to Carnikava (20km). Carnikava Municipality took an active part in MOVE Week in 2013, organising a cross country championship together with LTSA.

WORKING TOGETHER TO PROVIDE TRAINING AND EDUCATION FOR STAFF AND VOLUNTEERS

Both partners have well skilled and professional staff. Depending on the nature of the activities both partners share their expertise. Training of volunteers mainly is ensured by the "train the trainer" approach and experienced staff members supervise the volunteers.

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