

WEST LOTHIAN SPORTS AND RECREATION FACILITIES STRATEGY

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West Lothian
Indoor Sports
Facilities
Strategy

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CONTENTS

1. INTRODUCTION	3
The Importance of Sport	3
The Foundations of Recreation and Sport	4
The Strategy in Context.....	5
2. WEST LoTHIAN – A UNIQUE AREA	6
Geography	6
Population.....	6
Economy	7
Transport	7
Future Growth.....	7
3. THE STRATEGIC CONTEXT	8
The National Context	8
The Regional Context.....	10
The West Lothian Context.....	11
4. INDOOR AND INTENSIVE USE SPORTS FACILITIES – EXISTING PROVISION.....	14
Introduction	14
Leisure Centres Managed by West Lothian Leisure	14
Community Education Centres.....	18
Facilities on School and College Sites	20
Synthetic Turf Pitches.....	26
Other Indoor Facilities	27
5. PLANNING FOR THE FUTURE – INDOOR SPORT AND INTENSIVE USE FACILITIES.....	27
Expressed Need	27
Developing a Framework	31
Indoor Sports Provision – Issues.....	31
A Supply Model for West Lothian	34
6. APPLYING THE MODEL.....	40
Introduction	40
Provision in Rural Communities	51
Other Key Factors	52
Synthetic Turf Pitches.....	55
Sport by Sport Analysis – Indoor.....	55
7. PLANNING FOR THE FUTURE – GROWTH AND FUNDING	59
The Development of West Lothian.....	59
The “Ticking Timebomb”	59
8. OBJECTIVES AND ACTIONS.....	60
The Vision.....	60
The Aims	60
The Objectives.....	61
The Actions.....	61

I. INTRODUCTION

The Importance of Sport

- 1.1 This is a Sport and Recreation facilities strategy for West Lothian. Sport and recreation (as well as arts, leisure and tourism) are important aspects of modern life and have increasingly important roles to play in the quality of life of residents in Scotland as a whole and in West Lothian itself.
- 1.2 Sport cannot be seen as discrete, self contained and separate from economic, educational, health and social issues. It touches upon and influences each one. It is an essential element in ensuring and developing the quality of life of people who live and work in the West Lothian's villages and towns. It enriches the lives of its participants and of the community as a whole. It allows people an outlet for their creativity and self-expression, which they may not have through work or domestic duties. It has a value beyond pure monetary and utilitarian measures. It is also a source of national identity and pride. The Scottish Opinion Survey found that an overwhelming majority (95%) of the Scottish population thought that sport adds to the quality of life in Scotland. Yet sport and recreation do more than this.
- 1.3 Sport and Recreation are important in tackling **health** issues. A lack of physical activity is a main risk factor for heart disease and stroke, and a factor in many other disabling illnesses. This is recognised in the Government's policy document *Our National Health: A Plan for Action, a Plan for Change*. With the decline in physical activity in everyday life and work, sport and physical recreation now account for the most vigorous activity that a person may engage in.
- 1.4 Children and young people need a balanced **education** – mental, spiritual, physical and social. The potential exists through recreation and sport to develop young people's ethical perspectives and inculcate responsible and enjoyable citizenship. Secondary schools that have focused on providing quality sport and Physical Education opportunities are finding that academic standards are going up and behaviour issues going down. The national Longitudinal Survey on Children and Youth in Canada has demonstrated a relationship between self-esteem and social interaction and participation in organised sporting and other activities outside of school. Research undertaken with more than 500,000 young women shows that if they are not encouraged in sport they do not remain physically active, do not feel good about their bodies, and they are more likely to get into drugs or early pregnancy.
- 1.5 In terms of healthy lifestyles, children are less active and less fit than in times past. Lifestyles have changed; there are greater perceived risks in travelling alone and playing away from home; and increased access to passive leisure and entertainment, all resulting in play, recreation, and exercise diminishing. Healthy young people, who have skills for sports and leisure activities and life skills, make for more fulfilled people. Inactive children are likely to become inactive adults, increasing the risks of obesity and heart disease.
- 1.6 The links between **play** and sport are also strong. Children need to have the opportunity to play both within an informal and a more structured environment. Whilst sport cannot and should not provide all the play experiences for a child, it can nonetheless make a significant contribution to creating opportunities for a child to explore and develop in a playful environment.

- 1.7 Recreation and sport can also be successfully used to address **social issues** such as fear of crime (particularly - though largely unnecessarily - of young people), through provision of alternative outlets for their energies; such as drug problems by providing a positive route away from drugs and addiction; and social inclusion by providing a mechanism to integrate individuals and groups into their local communities.
- 1.8 The **economic impact** of recreation and sport is one that is being increasingly recognised. Major regeneration success stories have been built around investment in culture, sport and leisure – Glasgow in Scotland, Birmingham and Manchester in England, and Barcelona in Spain are just a few examples.
- 1.9 **sportscotland** sets out the benefits of sport as being able to help:
- Improve people's physical and mental health and well-being, including basic movement patterns, coordination and skill;
 - Promote and enhance education and lifelong learning;
 - Further social inclusion
 - Promote active citizenship;
 - Combat anti-social behaviour;
 - Assist economic development;
 - Develop knowledge and understanding of the outdoor environment;
 - Provide inspiring role models and generate national pride.

The Foundations of Recreation and Sport

- 1.10 With the benefits of sport and recreation so clear, it is evident that the larger the number of people involved in sport and recreation, the greater will be the overall benefit to individuals and to West Lothian as a whole. Participation is not, however, automatic. It requires the opportunity to take part and try out new activities, particularly in the crucial early years of life where the opportunities provided through education and sports development work can influence participation well into adult life.
- 1.11 Starting sport or recreational activity at any time in adult life will bring rewards, although it is often more difficult to start a new activity when there is not an entrenched "habit" of participation. Encouragement and easy access to opportunities are therefore essential elements in developing participation, particularly at an early age when habits are being formed.
- 1.12 The foundation blocks of sport are West Lothian's Schools, its sport and leisure centres (public and private), its sports clubs, outreach development programmes and the many dedicated and enthusiastic individuals who devote their time - many voluntarily - to the development of recreation and sport. These foundations include the health service, social services, education services and many other related organisations that can, in their own way, encourage individuals and groups to take part in sporting activity for the benefit of their health, mental, physical and social welfare.
- 1.13 To maximise the benefit of these foundations of sport to West Lothian as a whole, means these organisations and individuals working in partnership towards achieving a common vision. This strategy is part of that vision.

The Strategy in Context

- 1.14 As identified above, the development of sport and active recreation requires commitment, partnerships, resources, and a shared vision. Two basic elements are required, however, without which development cannot take place:

Programmes and Activities

This is the “software” of sport. Unless a swimming course for children is programmed into a leisure centre, children may not learn to swim. Unless, an aerobics class is organised at a centre, there may be people who may choose not exercise. Unless a club is helped to develop new coaches it may never be able to grow and offer participation opportunities to its local community. The “software” of sport is therefore crucial to achieving an overall vision, and how it is delivered will determine how well that vision will be achieved.

Facilities

This is the “hardware” of sport. Without the facilities in and on which the software can be run, little can be achieved. The location, nature, design, type and role of facilities will have a significant bearing on achieving the vision for sport. In some cases general facilities will be required that can accommodate a variety of activities, in other cases very specialist facilities may be needed. They may need to be local, or may perform a regional function.

- 1.15 This strategy deals with the “hardware” of sport - it's facilities and their future development. Its specific focus is on *indoor* sport and facilities for intensive outdoor use.
- 1.16 A further strategy will examine the detailed needs of West Lothian in terms of general outdoor sports provision.
- 1.17 However, neither of these strategies can look at future development without taking account of the “software” issues. Both are inextricably inter-linked. This strategy is, therefore, one of a number of strategies for West Lothian sport, including *West Lothian on the Move*. The overarching strategy, which encompasses and provides the guiding principles to each of these and the facilities strategies, is *Sport for All in West Lothian*. This is explored in more detail later in this document. Taken together, these strategies will drive forward the vision for sport in West Lothian.

2. WEST LoTHIAN – A UNIQUE AREA

Geography

- 2.1 West Lothian, as a local authority administrative area, was created in 1996 as part of the reorganisation of local government in Scotland. The county covers some 43,000 hectares, encompassing a range of large and small towns and villages. These include the historic county town of Linlithgow to the north, the former mining communities of Bathgate, Blackburn, Armadale and Whitburn in the west and Broxburn/Uphall and Wichburgh in the east, and the rapidly growing town of Livingston at its centre. There is a string of villages along the Breich Valley including Fauldhouse, Stoneyburn, Addiewell, and the Calder Villages.
- 2.2 This eclectic mix of communities is also reflected in the county's landscape, with its attractive high quality rolling farmland to the north and east of the county, its peat and heather moorlands in the west and south, its urban focus at the centre.
- 2.3 The county is bordered by six other local authority areas – Edinburgh City, Midlothian, South Lanarkshire, North Lanarkshire, Borders and Falkirk – and is strategically located between Scotland's two main conurbations of Edinburgh and Glasgow.

Population

- 2.4 The population of West Lothian stood at 159,000 in 2001 (source: 2001 Census Results – Usual Resident Population). This represents a growth in population numbers of over 10% since 1991, the largest growth of any local authority area in Scotland by a significant margin (Stirling at 9.36%, Edinburgh at 7.13% and East Lothian at 7.10% come closest). The majority of residents live in one of the main towns in the county, which, although most are located in close proximity to one another, still retain their identity as individual communities. The population of these main centres is given in Table 1 below.

Town	Population (2001) to nearest 500
Armadale	9,000
Bathgate	15,000
Blackburn	5,000
Broxburn	8,500
East Calder	5,000
Fauldhouse	5,000
Linlithgow	13,500
Livingston	50,000
Uphall	4,500
Whitburn	10,500

Table 1: Population of Main Towns in West Lothian 2001

- 2.5 In terms of population change between 1991 and 2001, both Blackburn and Whitburn show a decline of around 5%, whilst Broxburn (11%), Linlithgow (13%) and Livingston (17%) show substantial growth.

Economy

- 2.6 The county has emerged from the days of extremely high unemployment in the early 1980s, having the second highest unemployment rate in Scotland, to become one of the fastest growing and most successful areas in the country. Improvements to transport, inward investment and the emergence of a new wave of high technology industries have contributed to West Lothian experiencing economic growth consistently higher than the Scottish national average.

Transport

- 2.7 West Lothian is well positioned within the Central Belt of Scotland and lies at the heart of the transportation networks linking Edinburgh and Glasgow. Its good road and rail links, with the M8 and M9 motorways, and proximity to two major airports, have been significant factors in securing inward investment to the area. It also provides West Lothian with specific strengths to attract sporting or other facilities of greater than local significance.
- 2.8 The increasing pressure on the transport networks, as a result of their very success, means that plans are being considered to further extend both road and rail links. This will continue to increase the accessibility of the area.

Future Growth

- 2.9 Based on trends in births, deaths and migration into the County, the General Registrar of Scotland has predicted that the population of West Lothian will grow from 159,000 in 2001 to 167,000 in 2010 and 173,000 by 2015. The *West Lothian Local Plan* (see section 3.3.1 below) and the *Edinburgh and Lothians Structure Plan* (see section 3.2.1) have between them identified a minimum additional development of 10,000 homes needed to accommodate this growth. Some of the sites have already been identified. In addition the main areas currently being considered as locations for some 7,000 new homes, based on the Structure Plan, are Armadale (1,000 new homes), Winchburgh/north Broxburn (3,000 new homes), and south of Livingston (3,000 new homes).
- 2.10 The implications of this growth on this Strategy's recommendations will be considered later in the report.

3. THE STRATEGIC CONTEXT

The National Context

NPPG 11

- 3.1 The National Planning Policy Guideline (NPPG) number 11, addresses the land use implications of sport and physical recreation, and also encompasses aspects of informal physical recreation that take place in urban open spaces, which are significant land uses in our towns and cities, and large areas of the countryside which are shared by those enjoying outdoor pursuits and seeking places for quiet relaxation. Accordingly, it describes the role of the planning system in making provision for sports and physical recreation and protecting and enhancing open space. It also defines the factors, which the Secretary of State will take into account in his consideration of development plans, planning appeals and other cases, and sets out the action required of councils. In addition to the general guidance, there is specific planning guidance given in respect of particular sports.
- 3.2 The Guidance emphasises the importance of sport for health, economic development, and education.
- 3.3 Accordingly, councils should seek to achieve the following objectives:
- to found their planning for sport and recreation on the principles of sustainable development and the advice of national agencies;
 - to meet the sporting and recreational needs of residents, tourists and visitors, while safeguarding the quality of the natural and cultural heritage;
 - to safeguard a system of open spaces for formal and informal recreation needs within urban areas, ranging from easily accessible small local green spaces to country parks and path networks;
 - to safeguard facilities and resources for sport and recreation in urban areas and the countryside which contribute to existing and predicted future needs;
 - to take a long term and spatially strategic perspective on provision;
 - to provide local facilities, including for children's play, to meet standards within or close to residential areas;
 - to pay special regard to those who find it difficult to gain access to sport;
 - to lead by example in resisting the development of council owned land;
 - to ensure that new sports facilities are readily accessible by public transport, cycling and on foot;
 - to provide safe areas for recreation, through ensuring that public spaces are located and designed to minimise opportunities for crime; and
 - to consult sportscotland on certain types of application.

Let's Make Scotland More Active - A Strategy for Physical Activity

3.4 The National Physical Activity Taskforce was established in June 2001 by the Scottish Parliament, following a commitment in the Government's White Paper *Towards a Healthier Scotland*. The Taskforce's purpose is to develop clear strategies and actions to encourage greater activity amongst Scottish people. The outcomes aimed at are improved health, well-being and a reduction in the number of people suffering from a range of diseases partially attributable to low activity levels e.g. coronary heart disease, high blood pressure, colon cancer.

3.5 Physical Activity is defined as a range of things that includes active living, recreational activity, sport, exercise, play and dance. The Taskforce has produced a strategy, the vision of which is that:

"People in Scotland will enjoy the benefits of having a physically active life."

3.6 Supporting this vision is the Goal:

"To increase and maintain the proportion of physically active people in Scotland."

3.7 The Strategy sets targets for increasing participation levels across the population at an average rate of 1% a year. There are very strong priorities in providing children and young people the opportunities to take part in physical activity both within and outside of the school environment.

Sport 21 2003-2007

3.8 *Sport 21 2003-2007* is the National Strategy for developing sport in Scotland up to and beyond the year 2007. Endorsed by the Scottish Executive and by the Scottish Parliament it sets out a Vision for Scotland, a long term Key Challenge to be achieved by 2020, and 11 Key Targets for the period 2003-2007.

The Vision for Scotland is:

- A country where sport is more widely available to all
- A country where sporting talent is recognised and nurtured
- A country achieving and sustaining world class performances in sport

The Key Challenge is that:

3.9 By 2020, 60% of adult Scots will take part in sport at least once a week.

The 11 Key Targets are:

- 80% of primary school children will be physically active.
- We will have made progress towards all schoolchildren taking part in at least two hours of high quality physical education a week.
- Both targets 1 and 2 focus on the vital importance of establishing and maintaining healthy, active lifestyles from early in life. Part of the requirement for *quality* physical education will relate directly to the need for adequate (in terms of size, quality and number) sports facilities within West Lothian schools.

- 85% of those aged 13-17 will take part in sport, in addition to the school curriculum, more than once a week.
- 49% of those aged 14 plus in Social Inclusion Partnership areas will take part in sport at least once a week.
- 55% of those aged 17-24 will take part in sport more than twice a week.
- 43% of those aged 45-64 will take part in sport at least once a week.
- Over 250 Scots will have been medallists on the world stage.
- Scotland will have over 500 sports halls available to the public so that 70% of Scots have access to a hall within 20 minutes walk.

3.10 Specific comments within the text of *Sport 21* in relation to Target 8 are:

- Sports halls are considered to be the key facility requirement to achieve the participation rates set out in the previous targets;
- In terms of increasing sporting opportunities the priority is making sports halls more available close to people's homes;
- A concept to be considered is that these key facilities should be no further than access to secondary schools;
- In order to provide the diversity of sports required to support the targeted increases in participation, these sports halls need to be big enough to at least accommodate three badminton courts.
- Over one million Scots will play sport in membership of clubs.
- Scotland will sustain 150,000 volunteers who are contributing to the development and delivery of Scottish sport.
- Every local authority area's community planning process will have contributed to the targets of *Sport 21 2003-2007*.

The Regional Context

The Edinburgh and Lothians Structure Plan

- 3.11 Structure plans are statutory documents that set out the long-term vision and framework for the land use development of an area. The structure plan, together with local plans, forms the development plan for an area. The development plan is the principal tool used by the planning authority to assess planning applications.
- 3.12 Whereas local plans identify actual individual sites for development, the structure plan is a less specific document that sets out in general terms how and where development should be located. Local plans must by law conform to the structure plan.
- 3.13 The Edinburgh and the Lothians Structure Plan 2015 (ELSP) covers the combined areas of Midlothian, East Lothian, West Lothian and Edinburgh. It estimates future demand for housing, transport, employment, and retail facilities, and will guide the development of the area to 2015. It provides a framework for

investment, and a basis for decision-making, and sets the context for local plan policies within its area.

- 3.14 The 1994 Lothian Structure Plan is the current approved structure plan for the area. Although this Plan, approved in 1997, has a timescale to 2005, it has largely been overtaken by events. The Lothian economy has been experiencing higher than predicted levels of growth, with increased demand for housing and employment land, retail, transport and other facilities, and thus a replacement plan is needed.
- 3.15 The new ELSP was finalised in March 2003. Its main impact in terms of this *Sports and Leisure Facilities Strategy* is in relation to the provision of new housing in West Lothian to accommodate the growth of the region (see section 2.5 above), and in terms of its proposed improvements to the transport infrastructure, including the extension of the Edinburgh to Bathgate railway with a new station at Armadale, and other new stations at East Calder, and Winchburgh.

The West Lothian Context

Shaping the Future – Community Plan for West Lothian

- 3.16 *Shaping the Future* is the Community Plan for West Lothian, setting out a strategic vision for West Lothian to 2010. It has been produced by a partnership of some 16 public sector, voluntary sector and business agencies following extensive consultation, and aims to provide a “joined up” approach to the delivery of services and the development of West Lothian over the period of the Plan.
- 3.17 The Plan sets out a vision for the future and 15 main targets. Of these the following are particularly relevant to sport and physical activity:
- Increase school leaver attainment by 20% - research (see section 1.1) has identified that schools with a proactive sports programme consistently perform better academically;
 - Reduce drug and alcohol misuse;
 - Reduce Levels of Crime – once again sport and active recreation has been successfully used to tackle both issues, providing alternative outlets and diversionary activities;
 - Reduce health inequalities in West Lothian – increased activity and participation in sport can help redress such inequalities;
 - Increase the proportion of older people and people with disabilities being able to live independently – sport and physical activity contribute to older people's independence and help reduce accidents by improving mobility and strength;
 - Increase the number of people from all communities taking part in lifelong learning – learning new sporting and physical skills is an important component of lifelong learning.

West Lothian Local Plan

- 3.18 The finalised Written Statement of the West Lothian Local Plan was produced in July 2001. It is the first authority-wide local plan for the West Lothian area, and replaces the five smaller area local plans that cover the areas of Bathgate, Broxburn, Calders and Linlithgow, and Livingston produced in the 1990s. The Local Plan also needs to reflect the requirements of the wider *Edinburgh and Lothians Structure Plan*, currently being prepared, which will provide guidance to the year 2015. The West Lothian Local Plan covers a 10 year period from the year 2000.
- 3.19 The West Lothian Local Plan is predominantly a framework to guide future land development in the West Lothian area. Amongst its eight main aims, three are particularly relevant to this strategy:
- “To enhance the image of West Lothian, in order to attract economic investment and improve the quality of life for its residents” – many local authorities, not least Glasgow and Edinburgh, have done this through the development of cultural and sporting facilities and events;
 - “To attract high quality investment to West Lothian, including economic development, housing, retailing and other service or leisure-based activities”;
 - “To improve the level of facilities and services to meet the needs of all the community”.
- 3.20 In terms of specific Local Plan policies, the main ones of direct relevance are Policy COM 13 and Policy COM 14, and these reflect the NPPG11 requirements.

Policy COM 13

“Proposals which would result in the loss of urban sports and recreation facilities or informal open space will be resisted...”

Policy COM 14

“There is a presumption against the development of school playing fields...”

- 3.21 There is also Policy HOU 20 that requires new open space provision and this is reflected in more detail in the Residential Development Guide approved by the Council in 2002.

West Lothian on the Move

- 3.22 *West Lothian on the Move*, a strategy produced by West Lothian Council and NHS Lothian, aims to increase regular participation in physical activity in order to improve the health and well being of people in the county. Although its aim is to increase physical activity throughout the population it has a particular focus on children and those in areas of relative deprivation and at risk of social exclusion. Its strategic objectives are:

- To increase levels of physical activity across the life stages
- To increase participation in physical activity among the sedentary population of West Lothian

- To increase the number of opportunities available for participation in physical activity
- To establish sustainable partnerships concerned with physical activity and health promotion
- To increase education and training opportunities, for those involved in the promotion of health enhancing physical activity
- Ensure the inclusion of physical activity through the Community Planning process and associated service plans

Sport for All in West Lothian

3.23 *Sport for All in West Lothian* is a strategy for the development of sport produced by West Lothian Council with advisers from a range of organisations, including West Lothian Leisure, a major partner in the strategy. The strategy's vision is one of "a quality service to sport as a partnership of West Lothian Council, local communities and the voluntary sport sector which enables all residents to select from a wide range of activities geared to enjoyment, social interaction, fitness, competition, and enhanced performance."

3.24 The strategy sets out a range of principles, partnerships and development goals. Target groups include people with disabilities, girls/women and the elderly. The revival of school sport linked to the regeneration of local clubs is an important aim. A series of recommendations and actions are set out. The five main recommendations are:

- An improved quality of provision for sport will be offered throughout West Lothian
- Support will be offered for the establishment and growth of sports clubs
- A new and intensive programme of sports development will take place
- A major role for sport in schools will be encouraged
- Talented performers will be identified and helped to achieve levels of excellence

4. INDOOR AND INTENSIVE USE SPORTS FACILITIES – EXISTING PROVISION

Introduction

- 4.1 The importance of indoor sports facilities in developing participation in physical activity has been emphasised by **sportscotland** in the recently revised *Sport 21*. Given the changeable and largely inclement nature of the weather in Scotland, indoor facilities are an essential provision for encouraging regular participation in sport.
- 4.2 Linked to indoor provision are facilities that can be subject to intensive use and used throughout the seasons, including winter evenings. These specifically include floodlit Synthetic Turf Pitches (STP) which are often suitable for a range of sports – 5 a side, football/rugby training, hockey etc. – that might not otherwise take place during periods when natural grass pitches are affected by bad weather, or which would otherwise utilise indoor sports hall space which may be better allocated to sports which can *only* be played indoors.
- 4.3 Whilst STP's are, therefore, technically "outdoor" facilities, they are better considered in tandem with indoor facilities, as there are more strategic linkages between the two that can be developed.
- 4.4 The supply of both indoor and intensive use outdoor sports facilities is not the prerogative of a single organisation or sub section within an organisation. West Lothian Council, for instance, provides facilities through its Community Education department, schools, and - indirectly – through a management arrangement with the "not for profit" organisation, West Lothian Leisure. Other facilities are leased to local trusts e.g. the Craigs Willow Centre in Livingston, or provided through other public organisations e.g. West Lothian College, or indeed commercial providers such as LA Fitness or Bannantynes. What is clear from the research and consultations, however, is that there is neither a clear definition of the role of each type of facility, nor a clear strategy as to how they could work in a more coordinated way for the benefit of the communities they serve and sport in general.
- 4.5 The following section looks at current indoor and intensive use provision by type of provider.

Leisure Centres Managed by West Lothian Leisure

West Lothian Leisure Limited

- 4.6 West Lothian Leisure Limited was created in January 1998 to manage, operate and develop sports and leisure services to the communities of West Lothian. An Industrial and Provident Society, the organisation is also a recognised Scottish Charity. Created mainly through the transfer of West Lothian Council's existing leisure centres and the Council's leisure management and staff, the Society – as an independent organisation - has been able to raise capital funding for much needed investment in the Leisure Centres, as well as delivering net operational savings.
- 4.7 The overall direction and responsibility for West Lothian Leisure Limited rests with the 12 Members of its Committee of Management, which comprise three representatives of the business community, three elected Councillors of West

Lothian Council, three elected employee representatives and three user representatives.

The Facilities

4.8 West Lothian Leisure Limited manage 10 facilities within West Lothian, as well as the booking of outdoor pitches (see section 6). The 10 facilities are:

Centre	Facilities
Armadale Swimming Pool	<ul style="list-style-type: none"> • 25m x 5 lane pool • Free form learner pool 11m x 7m • Small fitness area • Well maintained
Bathgate Sports Centre	<ul style="list-style-type: none"> • 37 station fitness gym • 2 dance/exercise studios • Health Suite • Soft Play • "Temporary" dry side sports structure with 3 x 5 a side areas or useable as a 100m indoor athletics track • Synthetic Turf Pitch • Well refurbished, imaginative and good quality design and finishes
Bathgate Swimming Pool	<ul style="list-style-type: none"> • 22.9m x 10.1m pool • Well decorated, but old, cracked tank
Broxburn Sports Centre	<ul style="list-style-type: none"> • 4 badminton court hall • 2 court ancillary hall • 27 station fitness gym • Free weights room • 3 x 5 a side outdoor floodlit courts • Well maintained and decorated • There are plans to extend the fitness gym
Broxburn Swimming Pool	<ul style="list-style-type: none"> • 25m x 6 lane pool • Learner pool • Sun Bed • Sauna • Soft Play area • Facility looks "tired"
Bubbles Leisure Pool, Livingston	<ul style="list-style-type: none"> • Leisure Pool • 49 station fitness gym • Dance/exercise Studio • Health Suite • Soft Play • Attractive/well maintained
Craigswood Sports Centre	<ul style="list-style-type: none"> • 4 badminton court sports hall • Soft Play Area • 2 x small fitness gyms • 2 x Squash • Floodlit Athletics Track • Floodlit full size blaes pitch • Athletics track in need of investment • Considering developing new 30 station fitness gym and Dance/exercise studio
East Calder Sports Centre	<ul style="list-style-type: none"> • 4 badminton court sports hall • 20 station fitness gym • Sun Bed • Relatively new facility in good condition

Centre	Facilities
Linlithgow Leisure Centre	<ul style="list-style-type: none"> • 4 badminton court sports hall • 25m pool with free form element • circa 40 station fitness gym • Large Dance/exercise Studio • Cafe • Outdoor floodlit synthetic surface 2 x 5 a side size • Built 1996
Whitburn Swimming Pool	<ul style="list-style-type: none"> • 25m x 6 lane pool • Teaching Pool 6.8m x 7.5m • Sun bed • Spectator seating • Plans to close facility for 12 to 18 months for redevelopment, to include Fitness Gym, Dance/exercise Studio, Soft Play and community rooms

- 4.9 Whilst WLL has been created from West Lothian Council, still relies on the Council to provide funding to purchase services annually, and has representatives of the Council on its Board, it is nonetheless an independent fiscal and business organisation. As such it needs to ensure financial stability in order to pursue its charitable objectives. This means both being able to generate sufficient surpluses to provide a sinking fund in the event of unforeseen circumstances or adverse trading conditions, and to reinvest in the ongoing maintenance and development of the centres under its control.
- 4.10 As a result there has been a strong focus both in terms of facility development and management, on the growth of the health and fitness element of the operation. This has been undertaken with both admirable imagination and significant quality, and is on a par with - and in many cases better than - many commercial sector facilities.
- 4.11 However, it is far less clear what role WLL performs within a strategic and structured sports development function. This is understandable given both the emphasis on developing financial sustainability and that there are no clearly stated outcomes required by the Council within the funding agreement. This position should change if the Council is to ensure that the maximum possible community benefit is to be obtained from its assets in the future.

User Views

- 4.12 As part of the strategy research West Lothian Leisure were asked to distribute a simple self-completion survey to users of their facilities to ascertain a range of information and views on the facilities. The survey was to be carried out over a period of one week during the Spring of 2003.
- 4.13 In addition clubs and organisations that booked West Lothian Leisure managed facilities were sent a questionnaire to obtain their views of the facilities. Respondents to the Household Survey (see section 5.1) also commented on facilities that they had used in the previous six months.
- 4.14 The following is a brief synopsis of the results of each survey, although the validity of the responses will be compromised by the size of the sample.

Armadale Swimming Pool

The catchment showed a real mix, with only 14 of the 49 users coming from Armadale, and many from further a field. In general the centre scored well on quality, cleanliness and friendliness of staff, with car parking being the only factor attracting a number of low scores. The only major improvements suggested were the addition of sun beds and more equipment in the pool for children.

Bathgate Swimming Pool

The response was too small to arrive at any conclusions.

Broxburn Sports Centre

Around 72% of users had travelled from the Broxburn or Uphall areas. In terms of quality and other factors the centre scored mainly average to good, although “average” may be a goal to exceed in the future. Car parking was the one element that attracted a number of Poor or Very Poor scores. The main major improvements suggested were car parking, crèche/soft play facility, dance studio, bigger gym, and more school holiday activities for children.

Broxburn Swimming Pool

41% of the respondents travelled from Broxburn to use the pool, with most of the users being relatively local. Facilities, cleanliness, maintenance etc. attracted Average to Good scores, with friendliness of staff attracting Good and Excellent. Suggested improvements mainly revolved around upgrading the changing rooms and providing crèche facilities.

Craigswood Sports Centre

77% of respondents had travelled from Livingston or nearby. Whilst there were a range of Good and Excellent scores across most categories, a notable number of fitness gym users scored the gym facilities as Poor or Very Poor. Improvements suggested were a better gym and a general redecoration/refurbishment.

The Athletics Club is generally happy with the centre, but athletic facilities need attention and better maintenance.

East Calder Sports Centre

Around 42% of users came from East Calder and Kirknewton, with a further 34% from Livingston or Mid Calder. Most categories scored Good or Excellent. The main improvements requested were more classes (a notable proportion of people asked for this), a dance studio, bigger Fitness Gym, and soft play.

The one club that responded to the club survey scored the facility as generally excellent for their needs.

Linlithgow Leisure Centre

51% of users travelled from Linlithgow, and – possibly not surprisingly - 25% came from outside of West Lothian. Once again the centre scored Excellent to Good across most categories, although Pricing/Value for Money attracted

a number of Poor's and Very Poor's in relation to outdoor pitches, and car parking came across as an obvious issue. The main suggested improvements were a larger car park, bigger pool, the cost, quality and choice of food, and the need for more children's activities.

The Centre was scored highly across all categories by the six clubs that responded. Notable responses in the Household Survey were complaints about the temperature of the pool water, particularly for children.

Bubbles, Livingston

The majority of users came from Livingston and Mid Calder. Scores were generally Good or Excellent. Suggested improvements related to the cleanliness of the changing rooms, the size of the changing rooms and the need for more family cubicles.

Whitburn Swimming Pool

Around 25% of users responding had travelled from Whitburn, although the size of sample is too low to have any validity. Quality of Facilities, Cleanliness and Maintenance attracted notably more Averages, Poores or Very Poores as a proportion of responses than other sites, and this was reflected in the comments.

The one club responding scored the Centre as Poor on Value for Money/Price.

Community Education Centres

The Facilities

- 4.15 West Lothian Council's Community Education Department is responsible for a range of community based services, including Adult Education, youth work, and facilitating the development and effectiveness of local groups.
- 4.16 Historically, the service has also been involved in providing community facilities that have comprised a mix of purpose built 1970s centres, converted school buildings etc. With the creation of West Lothian Council in 1996 the service also embraced the former district councils' village halls and the Livingston Development Corporation's Neighbourhood Centres.
- 4.17 There are now some 42 community education facilities throughout West Lothian. These vary significantly in terms of the size and mix of facilities, and hence the uses to which they can be put. Approximately 12 of the Community Education Centres have some facilities that can be used for limited sporting activity i.e. a one badminton court size hall, and a further five centres which have more significant sports facilities e.g. larger sports hall, swimming pool, or both. Whilst the smaller, one badminton court size centres have a role to play, particularly in the more rural areas of the county as a base for locally accessible activities, this strategy is predominantly concerned with the role and function of the larger sites. These are listed in the table below.

Centre	Facilities
Armadale Community Education Centre	<ul style="list-style-type: none"> • Sport Hall – 3 badminton court, granwood floor, poor condition • Weights Room – old equipment, poor condition • Meeting/community rooms
Blackburn Community Centre	<ul style="list-style-type: none"> • Sports Hall – 4 badminton court, good condition • Fitness Room • Sauna • Meeting Hall • Meeting/community rooms
Faulderhouse Community Centre	<ul style="list-style-type: none"> • Sports Hall – small 3 badminton court size in need of refurbishment, semi sprung floor • 25m x 5 lane pool with spectator seating at one end • Small Fitness Room with limited equipment, some 13 stations • Café area • Meeting/community rooms
Stoneyburn Community Centre Located next to Health Centre	<ul style="list-style-type: none"> • Sports Hall – 3 badminton court with semi sprung floor • Small Fitness Room with around 7 stations • Youth Lounge • Club/Meeting Rooms • Outdoor un-floodlit single 5 a side synthetic turf pitch
Whitburn Community Centre	<ul style="list-style-type: none"> • Sports Hall – 3 badminton court • Fitness Room • Squash Courts x 2 • Outdoor synthetic 5 a side floodlit pitch

4.18 A number of points need highlighting:

- The majority of these centres are in a relatively poor state or repair, certainly cosmetically, and reflect the fact that they are some 30 years old. Compared to other community located sports facilities, such as those managed by West Lothian Leisure, there is a significant disparity in terms of the quality of facility being offered to the local community.
- The centres provide a community function, but as a result of their facility mix there is a strong element of sporting activity taking place.

The Management

- 4.19 The majority of Community Centres are leased on an annual basis to local Management Committees. These Committees are constituted from local user groups, community organisations etc. The Committees are responsible for developing the Centre programme and usage and for raising external funds (e.g. lottery) for improvements to the facilities.
- 4.20 The financial arrangements for the management and upkeep of the Centres are largely unique. The Management Committees retain all the income from activities at the Centre, whilst all the expenditure (utilities, staffing, insurances including public liability claims in respect of the Committees' use of the Centres, repairs and maintenance) are paid directly by West Lothian Council, which also employs a caretaker and Community Education worker to support the Management Committee and to develop local activities. It is difficult, therefore, to identify where overall accountability for each Centres lies.

- 4.21 There is a rationale for revisiting the emphasis of the role of the larger facilities, and the approach to their management, and this is done within the broader context of the strategy later in this report.

User Response

- 4.22 Where it was possible to obtain lists of organisations using the five large Community Centres a survey was distributed by post requesting information about the quality and nature of facilities. Just a few responses were received. Armadale Community Centre scored average on facility issues and good on cleanliness and value for money. Fauldhouse Community Centre received some comments in relation to club use of the pool.

Facilities on School and College Sites

The Background

- 4.23 There are eleven Secondary Schools in West Lothian, and some 66 Primary Schools. The main sports facilities are located in the Secondary Schools, although most (but not all) Primary Schools have space for Physical Education and sports programmes.
- 4.24 There is one further education site in West Lothian – West Lothian College in Livingston – with its own indoor sports facilities.
- 4.25 There are a number of factors currently affecting future provision of school facilities.

Public Private Partnerships

- 4.26 Public Private Partnerships to develop and manage school facilities are an important vehicle for securing capital investment for education, and for providing improved education facilities for teachers and pupils alike. Capital investment from private sector developers and operators is used to fund new or refurbished school facilities according to a specification drawn up by West Lothian Council. The cost of the capital is repaid to the developer over the life of the PPP through revenue credits provided by the Government. The size and scope of the developments is therefore influenced by the level of funding for PPPs that the Government is prepared to allocate to each Council.
- 4.27 The developer is responsible for the ongoing maintenance of the structure of the new buildings, their security and general “facilities management”, whilst the school effectively uses the space provided.
- 4.28 To date three secondary schools (Bathgate, Broxburn and Whitburn) and three primary schools have been the subject of PPPs. The next phase of PPP projects will include Armadale Academy, St. Kintegern, James Young, Deans and Inveralmond. The ITNs (Invitation to Negotiate) were being prepared as this strategy was being written. Financial close for the project is estimated to be February 2005.

New Opportunities Fund

- 4.29 Amongst the projects in West Lothian's application to the New Opportunities Fund (NOF) PE and Sport Facilities Programme, new synthetic turf pitches are proposed at Deans Community High School, James Young High School and St Kentigern's RC Academy. The portfolio has been approved by NOF, and the individual projects will be confirmed and implemented over the next two or three years subject to the necessary resources being provided through the Council's forthcoming capital programme.

Community Use of Schools

- 4.30 There are two designated "Community Schools" - Deans and Inveralmond. These schools operate much as a public leisure centre might, with public access to the sports and recreation facilities through casual use, course use and bookings throughout the day, on evenings and at weekends. School use of the facilities is integrated within the broader programme of activities.
- 4.31 In addition to the Community Schools, other schools also permit controlled lettings to clubs, organised groups and other organisations, largely as a means of generating additional income. There are no clear strategic policies in terms of the approach to these lettings, and this is discussed – together with the role of Community Schools – in Section 5.5.17 below.

The Facilities

- 4.32 The table set out below lists the main PE and sport facilities at each of the 11 Secondary Schools. The facilities are listed in three columns: "current facilities", facilities it is anticipated will be provided as a result of the second round of "PPP", and facilities that might be provided as a result of successful "NOF" bids.

School	Current Facilities	Proposed PPP	NOF Bid
Armadale Academy (738 pupils)	<ul style="list-style-type: none"> 2 x Gymnasia approx 1 ct (both poor condition) Pool 17m x 9m Un-floodlit Blaise 2 x Grass pitches Assembly Hall used for sport and other activities 	<ul style="list-style-type: none"> Sports Hall - 4 badminton court Floodlit Synthetic Turf Pitch (STP) Fitness Room Convert one gym to Dance Studio 	
Bathgate Academy (955 pupils)	<ul style="list-style-type: none"> Sports Hall - 6 badminton court Pool 14.6m x 7.3m Gym (1 badminton ct) ¾ floodlit STP Good new PPP/Lottery funded facilities 	PPP Completed	

School	Current Facilities	Proposed PPP	NOF Bid
Blackburn - St.Kentigerns RC Academy (1003 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 bad ct Gymnasium Pool – 20m x 8m Fitness Room 1 blaes pitch 3 grass pitches Note: pool and fitness are new with separate reception, entrance for community 	Dance Studio	STP and drainage to grass pitches
Broxburn Academy (811 pupils)	<ul style="list-style-type: none"> Sports Hall – 4 badminton ct. Gymnasium (approx 1 ct) Pool 20m x 8m Dance Studio Blaes outdoor area 	PPP Completed	
Linlithgow Academy (1186 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 badminton ct, but doubles for seated performances Gym – 2 bad ct Gym – 1 bad ct Pool – 15m x 7m Floodlit STP 	This will not be a PPP School although a feasibility is being undertaken to examine the development of PE facilities in line with PPP Schools	Upgrade small gymnasium and outdoor multi-court
Livingston - Deans Community High School (838 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 bad ct Gymnasium Pool 20m x 10m Fitness Room – 2 converted squash cts, old equipment 1 blaes pitch 3 grass pitches Generally “tired” looking facilities 	Dance Studio	Upgrade blaes to full size floodlit STP
Livingston - Inveralmond Community High School (1025 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 to 4 ct 28m x 24m Gymnasium 1 – 2 ct Gymnasium 2 - 1ct Pool- 20m x 10m Dance Studio Fitness Gym – 20 station Squash Courts x 2 ½ size STP 4 grass pitches Note: Some good community facilities 	No change to facilities.	

School	Current Facilities	Proposed PPP	NOF Bid
Livingston - James Young High School (943 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 to 4 bad ct Gymnasium Small fitness Pool – 20m x 10.5m Squash Courts x 2 Tennis Courts – 6 synthetic floodlit 1 blaes pitch 2 grass pitches Note: physical access for community use would be difficult 	Dance Studio	Upgrade blaes to full size floodlit STP, upgrade fitness room and changing
Livingston - St. Margarets RC Academy (1021 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 bad ct Pool – 25m x 13m Fitness Gym – 11 stations Full size floodlit STP 1 grass pitch Note: separate access available for community use of pool 		
West Calder High School (941 pupils)	<ul style="list-style-type: none"> Gymnasium 1 – 2 ct Gymnasium 2 – 1 ct Pool – 18.3m x 9.1m Blaes pitch 4 grass pitches 		Improve drainage to grass pitches
Whitburn Academy (975 pupils)	<ul style="list-style-type: none"> Sports Hall – 4 bad ct Gymnasium 1 - 2 ct Gymnasium 2 - 1 ct Pool – 20m x 10m Full size floodlit STP – poorly maintained Small fitness 2 grass pitches 	PPP Completed	Not part of NOF, but the school is proposing to provide a new fitness room with teaching area and IT/video facility

The Importance of School Sports Facilities

4.33 Sports and Physical Education facilities within schools have two crucial roles to play:

- They provide the arenas within which school sports and PE programmes – both curricula and extra curricula – can be developed. Given the huge emphasis now being placed by the Scottish Executive on health improvement and the development of active lifestyles at an early age, these programmes are key to achieving present and future health goals.
- They provide facilities for the development of active lifestyles by members of the community and for the development of specific sports, often

through clubs with youth sections, which encourage participation by young people.

4.34 With regard to role 1 above, in order to ensure effective Sports and Physical Education programmes can be developed within schools requires:

- Facilities of sufficient **size** – if the facility being used for teaching is too small then the lesson becomes an exercise in crowd control not proactive development of pupil skills and interests;
- Facilities of sufficient **number** – the same rule applies as in a) above. Development and facilitation of active lifestyles cannot occur if there are an inadequate number of specialist facilities for teaching sport and PE and non specialist facilities (e.g. assembly halls) are having to double as teaching space;
- Facilities of sufficient **quality** – the generation of lifelong interest in active recreation and sport is unlikely to occur if its initial introduction to pupils is through unattractive and poorly maintained facilities. In a society where children are bombarded with images of glamour and success the image that sport projects needs to be of similar quality to stimulate participation, particularly for young people whose first impressions may be lasting.

4.35 With regard to role 2 above:

- There needs to be a **strategic approach to the programming and letting** of school sports facilities for community and club use if the policies and goals of the Government and the Council are to be achieved. An ad hoc approach will not provide the focus necessary to deliver health, social inclusion and participation targets.
- Facilities need to be **designed to enable community/club access** whilst minimising unnecessary intrusion upon other elements of the schools operation. Often a small amount of specialist input at the design stage can save substantial management and resource problems that are costly to rectify once a facility is built.
- The **quality** issues referred to in c) above are equally relevant to community use of school facilities.

4.36 Given the above a number of key policies in relation to school sports facilities need to be developed, and these are set out in section 5.5.17.

School Issues

4.37 A questionnaire was sent to each of the Secondary Schools and Primary Schools in West Lothian. Eight Secondary and 15 Primary Schools responded. Amongst a range of questions that secondary schools were asked was whether there are adequate sports facilities to meet the curriculum or after school needs of the school. Of those that responded negatively, Armadale Academy required a new Sports Hall (now proposed as part of the next PPP round), Broxburn Academy required a Synthetic Turf Pitch (there are no proposals for this at present), and Linlithgow Academy required more rugby, hockey and athletics facilities, although a new STP has been constructed at the school.

- 4.38 Most secondary schools felt that the range and number of supervised sports activities at the school was about right. There were a number, however, that felt that providing after school and weekend activities was problematic and that lack of qualified staff and staff not being prepared to work even longer hours were the main limitations. Lack of payment for taking extra curricula sports clubs compared to payment for taking a homework club or study support group were cited as reasons.
- 4.39 In general most secondary schools had developed or were developing links with local sports clubs, although the extent to which this was happening varied. The work of the School Sports Coordinators in facilitating these links was acknowledged. It needs to be highlighted that, as these links evolve and grow, there will be an increasing need for quality sports facilities at each school to encourage a seamless gradation from curricula sport to extra curricula and club sport.
- 4.40 Of the Primary Schools that responded to the survey, some 60% felt that their pupils did not get enough timetabled sport, a wide enough range of sport, and were not able to continue their sporting activities out of school hours. A greater percentage of schools highlighted at least one of these as an issue. The main reasons given were the poor condition of outdoor sports facilities, being frequently out of commission, the lack of suitable indoor facilities, lack of funding and lack of specialist teaching expertise. The work of the School Sports Coordinators was again recognised and appreciated, although it was felt that resources were stretched.

Community Users

- 4.41 A questionnaire was sent to clubs and organisations that hired school facilities. In general there was a reasonable level of satisfaction with the type of facilities used. However, lack of cleanliness and maintenance of the facilities was an issue raised across nearly all sites, with a high percentage scoring "Poor" on both these factors.

West Lothian College

- 4.42 West Lothian College is located on a new campus in Livingston. The College's sports facilities, for use primarily in support of its curriculum or for student participation, comprise a six badminton court sports hall, divisible into two separate teaching areas; a large fitness room; and a small dance studio.
- 4.43 In general the College is developing use of the facility during evenings and weekends for course-based work. Nonetheless there may be opportunities to develop some club-based use in what are good quality facilities. This would need to be discussed and negotiated further with the College as need arose.

Synthetic Turf Pitches

4.44 There are a large number of Synthetic Turf Pitches (STPs) in West Lothian, with further planned. Some have been listed above. The sizes of the pitches vary from full size Hockey/Football (between 6,500m² and 7,000m²) to any combination of five a side size units (which can be anywhere from 555m² to 1,000m²). Locations also vary from Leisure Centre sites, to parks locations, from secondary schools to primary schools. Below is a list of existing and proposed sites by main settlement.

Settlement	STP	Size m ²
Armadale	Armadale Academy	Proposed 6,000???
Bathgate	Balbardie Park Bathgate Academy	7,128 5,000??
Blackburn	St.Kentigern's RC	Proposed 6,000???
Broxburn	Broxburn Sports Centre Uphall Boys Club	1,575 450
East Calder	East Calder Sports Centre	1,296
Fauldhouse	Fauldhouse Community Centre	1,074
Linlithgow	Linlithgow Leisure Centre Linlithgow Academy	1,944 6,000 approx???
Livingston	Bankton Mains Deans High School St. Margarets RC Academy Inveralmond High School James Young High School	6,825 648 6,682 2,251 Proposed 6,000???
Stoneyburn	Our Lady's RC Primary	927
West Calder	Polbeth Hall St. Mary's RC Pump 101 West Calder Community Centre West Calder High	648 664 612 1,092 Proposed 6,000
Whitburn	King George V Public Park	1,296
Other or Unknown	Blackridge Primary	2,200

4.45 Of those clubs that were surveyed and responded regarding use of the various STPs, the following comments were made:

- **Balbardie** – scores poorly in terms of drainage and has an average surface. In need of renovation.
- **Fauldhouse** – general comments regarding broken glass on pitch.
- **Inveralmond Community High** – The pitch itself scores well. One club commented that more effort could be made to make the all weather pitch all weather during the winter by clearing snow and ice.
- **King George V** – scored well for facilities, although considered a bit small.
- **Linlithgow Leisure Centre** – surface and drainage score average. Adverse comments about changing facilities.

Other Indoor Facilities

- 4.46 The above listing of indoor facilities focuses on facilities of a minimum size, although there are many smaller halls that could accommodate some form of sport or physical activity. Their role – particularly in rural areas where transport and distance make access to larger facilities difficult – is recognised, and discussed later in this study.
- 4.47 In addition to the facilities listed above, there are two Indoor Bowling Centres – one at Bathgate and one in Livingston.
- 4.48 In considering provision for indoor activity the role of the private sector also needs to be acknowledged. There are a number of private health and fitness clubs across West Lothian, some with pools, and these service a need. Their ultimate focus is achieving a commercial profit and responding to market demand. As such they cannot be directly influenced by broader social and strategic goals, but nonetheless will play their part. Whilst, in terms of facility planning, consideration has not been taken of current provision, there is no reason why the development of “partnerships” with commercial clubs to deliver certain “software” outcomes cannot be pursued as and where appropriate.

5. PLANNING FOR THE FUTURE – INDOOR SPORT AND INTENSIVE USE FACILITIES

Expressed Need

Household Survey

- 5.1 The Household Survey was sent to a randomly selected number of named individuals on the Electoral Register for West Lothian. An additional questionnaire (coloured blue) was enclosed with each of the sample in order that other members of the household could also take part in the survey if they wanted to. The Main Survey was used as the ‘robust’ statistically reliable adult survey and the Secondary Survey was used, partly as a ‘control’ and partly to widen the scope of the survey, for example, the Secondary Survey encompassed a wider age group, including young people. A total of 1500 Main Surveys were sent out, with a subsequent response rate of just over 13% (209 replies). This followed a reminder letter. 48 Secondary surveys were returned.

Profile of Respondents

5.2 The age profile of respondent is as follows:

Age Group	Main Survey - Percentage Responding of this Age
Under 12	
12 – 15	
16-19	3.2%
20-29	15.7%
30-44	24.9%
45-59	31.3%
60-69	15.1%
70+	8.7%

5.3 The ratio of Male to Female respondents in the Main Survey was 40:60. 10% of those responding to the Main Survey considered themselves to be disabled.

5.4 In terms of employment status those responding to this question described themselves as follows.

Employment Status	Main Survey
Full Time	50.6%
Part Time	11.8%
Looking after the home full time	5.6%
Caring for a dependent fulltime	1.1%
At school or full time student	3.9%
Retired	21.9%
Unemployed (able to work)	2.8%
Unemployed (unable to work)	2.8%

Participation in Sport and Recreation

5.5 Respondents were asked whether they had taken part as a participant or spectator in sport or recreation activity over the past six months. 54.7% stated they had as a participant, 9.4% as a spectator, and 35.9% had not taken part. The breakdown of participation by age group for the Main Survey is given below.

Age Group	% of Age Group Participating	% of Age Group Spectating	% of Age Group Not Participating
16-19	83.3%		16.7%
20-29	73.9%		26.1%
30-44	68.9%	8.9%	22.2%
45-59	51.9%	3.7%	44.4%
60-69	56.0%		44.0%
70+	37.5%		62.5%

- 5.6 When analysed by gender the participation rates show that 66.7% of males said they had participated in the past six months whilst 61% of females said they had.

Length of Journey and Mode of Travel to Participate

- 5.7 Those respondents who had participated in an activity in the past six months were asked how long it took them to travel to their main activity. 66.6% took 10 minutes or under, and 84% took 15 minutes or less. This highlights the importance of accessible local provision.
- 5.8 By far the most popular single mode of transport was the car, with 78% using this as either the driver or a passenger. Walking was the next most popular mode of travel with 15% of respondents doing this.

Reasons for Not Taking Part

- 5.9 Those respondents that had not taken part in sport and recreation activity in the past six months were asked the reason why. Of those responding the following reasons were given.

No Interest	15.6%	Too expensive	10.6%
Not enough information on facilities/activities	11.2%	Poor access for people with disabilities	2.5%
Not enough time	25.6%	Sports want to try not available	6.8%
Facilities don't meet needs	8.1%	Limited opening hours	5.0%
Lack of childcare	7.5%	No one to go with	6.8%

Would Like to Take Part in a New Activity

- 5.10 All respondents were asked if they would like to take part in a new activity. 48.9% said they would, and 51.1% said they would not. Of those that said they would, swimming and keep fit/gym/aerobics/yoga were the most frequently requested activities. Of those that said they had not taken part in sport in the previous 6 months, around one third said they would like to try a new activity, with swimming/keep fit/aerobics being again the most popular. These requests were fairly common across all the age groups.

New Facilities

- 5.11 All respondents were asked if there were any additional facilities they would like to see provided in West Lothian and any additional comments they would like to make. There were a notable number of comments about the cost of participating and the potential this had to exclude people and limit the frequency of participation.
- 5.12 Other general comments included:

- The need for more localised classes
- Better advertising of opportunities, facilities and courses
- More tennis courts
- More indoor/outdoor five-a-side facilities.

5.13 With regard to specific facilities within named settlements, the following is a selection of the most frequently mentioned:

- Bathgate – more dance/self defence/aerobic classes; more squash; rugby provision; children's pool.
- Broxburn – tennis courts
- East Calder – swimming pool
- Linlithgow – squash courts; traditional pool.
- Livingston – running track and athletics; 50m pool; larger sports centre
- West Calder – Dance/aerobic/yoga facilities
- Whitburn – skateboarding.

Neighbouring Local Authorities

5.14 Users of sports facilities are no respecters of local authority boundaries. They will generally use facilities that are most convenient to reach or have the specific facilities or activities that they require. As such consideration needs to be taken of current and planned facility provision in the local authorities whose boundaries abut those of West Lothian.

5.15 There are six such authorities - Edinburgh City, Midlothian, South Lanarkshire, North Lanarkshire, Borders and Falkirk – and each was contacted as part of this study to discuss issues in relation to West Lothian. All but Borders and South Lanarkshire, both of which have no significant conurbations near any major towns or villages in West Lothian - responded.

Edinburgh City

5.16 Whilst officers at Edinburgh believed that there were facilities in Edinburgh used by West Lothian residents, and conversely facilities in West Lothian used by Edinburgh residents, there are no major planned developments that the city considered would impact upon provision in West Lothian. Of national significance is the intention to develop the Commonwealth Pool at Meadowbank.

Midlothian

5.17 The boundaries of Midlothian just touch briefly those of West Lothian. For general sports and leisure facilities the Council does not consider that there are any catchment overlaps. However, the Midlothian Ski Centre, which is close to the border with West Lothian and is a substantial facility, is being further developed with the addition of another nursery slope.

5.18 The Midlothian Gymnastics Academy, considered by the Council as a regional facility, includes West Lothian within its catchment.

North Lanarkshire

- 5.19 North Lanarkshire borders the western boundary of West Lothian. Planned facility development or identified future facility needs are mainly in Airdre and Motherwell, neither of which should have a significant impact on demand in West Lothian. In terms of national facilities North Lanarkshire is the base of one of only four international rowing courses in the world.

Falkirk

- 5.20 Falkirk sits to the north and north west of West Lothian, and as such is most likely to have an influence on provision in Linlithgow. Falkirk Council considers that there is a cross over catchment, with Linlithgow Leisure Centre serving part of the Falkirk area, particularly Whitecross and its surrounding hamlets, whilst Bo'ness Recreation Centre includes part of Linlithgow in its catchment.
- 5.21 The Council plans to expand the provision of Health and Fitness facilities at Bo'ness, although the timescale for this is not yet decided. Plans are also underway for the creation of a new Community Stadium to replace the existing home of Falkirk Football Club. This stadium, to be located at Westfield, close to the M9 motorway, will include a 5 a side football pitch complex and health and fitness facility.

Developing a Framework

- 5.22 In setting out a clear strategic framework for providing and developing sports and leisure facilities in West Lothian, we must take account of:
- the need to ensure there is a general framework of facilities that can be flexible and adaptable as trends in participation change over a period of time;
 - the requirements of specific sports.

Indoor Sports Provision – Issues

Existing Provision

- 5.23 What is clear from the earlier analysis of indoor sports provision is that there are a large number of sports facilities within West Lothian. Many of these facilities are within relatively close proximity to one another, leading to the perception that West Lothian is well served in terms of the *number* of sports and leisure facilities within its boundaries.
- 5.24 However, these facilities are of variable quality – many (though not all) school and Community Education facilities are in a poor condition. In contrast West Lothian Leisure Limited facilities have seen recent and well-executed capital investment.
- 5.25 There is no obvious rationale as to the role of each of the facilities in terms of the development of sport:

- School facilities offer a gamut of provision, ranging from full community access, through to club only use and some facilities that are inappropriate for external use;
- West Lothian Leisure offers generally attractive sports and leisure facilities with a strong focus on fitness activities, but a less certain approach to the development of sport;
- Community Education facilities (those with three or more badminton courts) have a very strong sports bias in terms of facility provision, but an unclear function in terms of maximising community participation in sports activities or health improvement.

Strategic Priorities

- 5.26 At national level there is strong support and emphasis on achieving higher physical activity levels amongst the Scottish population, particularly in terms of improving health and well-being. The Government's White Paper *Towards a Healthier Scotland*, leading to the establishment of the National Activity Taskforce and their own strategy *Let's Make Scotland More Active - A Strategy for Physical Activity*, emphasises the importance that has been placed on increasing participation in sport and physical activity at the highest level. This is re-emphasised by West Lothian's own strategy *West Lothian on the Move*.
- 5.27 **sportscotland's** strategy - *Sport 21 2003-2007* – further develops these goals, setting specific participation targets for different age and socio-economic groups. Of particular relevance to facilities are **sportscotland's** observations that:
- Sports halls are considered to be the key facility requirement to achieve the participation rates set out in the participation targets;
 - In terms of increasing sporting opportunities the priority is making sports halls more available close to people's homes;
 - A concept to be considered is that these key facilities should be no further than access to secondary schools;
 - In order to provide the diversity of sports required to support the targeted increases in participation, these sports halls need to be big enough to at least accommodate three badminton courts.
- 5.28 West Lothian is particularly well placed to meet all of these facility requirements.
- 5.29 The development of school sport is considered to be an essential element in laying the foundations for future participation.
- 5.30 The Scottish Executive in partnership with **sportscotland** have recognised that significant investment is required in Scotland's national and regional sports facilities. Almost certainly facilities in both Edinburgh and Glasgow will be either refurbished or replaced and it is a policy that facilities should be spread throughout Scotland while remaining within easy accessible. Despite its easy access from southern Scotland It is unlikely that West Lothian would be a suitable location for facilities of regional or national significance.

Facilities Planning Model

- 5.31 **sportscotland's** Facilities Planning Model (FPM) has been applied to the West Lothian area. The model is based on research into participation in areas that are well provided for in terms of sports facilities. It applies a range of parameters (age, gender, participation rates, participation frequency, travel time) to the specific population profile and facility provision of West Lothian and predicts whether there may be an over or under supply of facilities.
- 5.32 The FPM application for West Lothian is based on predicted population numbers and distribution for the year 2006. In summary the report identifies that for:
- **Sports Halls** with minimum dimensions equivalent to a three badminton court facility, 56% of demand is being met based on the main sports centres and community schools. All of West Lothian is considered to be within the catchment of a sports hall: unmet demand is considered to be a consequence of a lack of capacity. If the secondary school sports facilities were included and were *available for the full peak period for community use* as defined by the FPM (weekday evenings 1700-2200 hours and weekends 1000-2000 hours), then 98% of demand would be satisfied.
 - **Swimming Pools** with unrestricted public access, 84% of demand is being met. The report concludes that "the overall supply of pools in West Lothian is good...Long term planning should concentrate on refurbishment, replacement and rationalisation rather than new provision."
- 5.33 The FPM does not – and acknowledges that it cannot – take account of qualitative as opposed to quantitative supply issues (i.e. it measure numerical provision of facilities but not their quality), and does not by itself take account of specific local circumstances such as expectations of the local community, club requirements etc. The current FPM also does not factor in the growth in participation targeted in *Sport 21*.

Local Communities

- 5.34 Despite the relative proximity of many of the settlements in West Lothian, and the relative ease of travel between many them (certainly by private transport), it has become clear from the comments of many people that each still retains its own identity and sense of community. With the growth of the county and increased inward and outward migration this may change over time, but at the present needs to be taken account of in evaluating facility provision.

A Supply Model for West Lothian

Introduction

5.35 There is a need for a structured model of indoor facility provision within West Lothian that:

- Provides a coordinated approach to the diverse range, functions and quality of existing facilities and the local communities they serve;
- Links this approach to the wider national and local strategic priorities and targets;
- Provides guidance for future capital investment and project plans;
- Takes account of the predicted growth in population, and hence demand, in West Lothian.

5.36 The growth in public participation in sport and physical activity (and hence the achievement of local and national targets) will only take place if both the “hardware” (the facilities) and the “software” (the programmes, management and marketing) are working in a coordinated and structured way. This can be achieved if both are considered to link into a sports and activity development continuum, defined as follows:

- **Foundation** Level - the early development of sporting competence and physical skills upon which all later forms of sports and activity development are based. Without a sound foundation, and the establishment of early habits of taking part, young people are unlikely to become long-term participants.
- **Participation** Level - refers to sport and physical activity undertaken primarily for fun, enjoyment and often, at basic levels of competence. However, many very competent sports people take part in sport purely for reasons of fun, health and fitness.
- **Performance Level** signifies a move from basic competence into a more structured form of competitive sport at club or county level or, indeed, at any individual level for personal reasons.
- **Excellence** is about reaching the top and applies to performers at the highest national and international levels.

5.37 Whilst there are overlaps between the levels (hence the nature of a “continuum”), the range and number of existing indoor facilities within West Lothian means that there is a real opportunity to designate and develop centres with a specific focus on each of the levels. A “model” facility for each level is examined below.

Foundation Centres

- 5.38 Foundation level is about developing participation and skills amongst young people. In practice the key Foundation facilities are West Lothian schools. Section 4.4 identified that in order to ensure effective Sports and Physical Education programmes can be developed within schools requires:
- Facilities of sufficient **size** – if the facility being used for teaching is too small then the lesson becomes an exercise in crowd control not proactive development of pupil skills and interests;
 - Facilities of sufficient **number** – the same rule applies as in a) above. Development and facilitation of active lifestyles cannot occur if there are an inadequate number of specialist facilities for teaching sport and PE and non specialist facilities (e.g. assembly halls) are having to double as teaching space;
 - Facilities of sufficient **quality** – the generation of lifelong interest in active recreation and sport is unlikely to occur if its initial introduction to pupils is through unattractive and poorly maintained facilities. In a society where children are bombarded with images of glamour and success the image that sport projects needs to be of similar quality to stimulate participation, particularly for young people whose first impressions may be lasting.
- 5.39 At present there is no definitive guidance on the means of calculating the PE facility requirements of a secondary school. However, **sportscotland** has produced guidance on the design and the method of calculating appropriate facilities. This looks at the variety of teaching spaces available (to qualify as a teaching space the space has to be always available for PE), the number of pupils in the school, period length, class size, and the school's Physical Education curriculum.
- 5.40 The main teaching spaces for sport and Physical Education that could be considered for inclusion within a secondary school, depending on the factors highlighted above, are:
- **Sports Hall** – this refers to a 4 badminton court hall 34m x 19m. It enables a wide range of activities to be taught and is considered to be the most flexible indoor teaching space. One should be provided in every school.
 - **Gymnasium** – for school-based gymnastics and other activities that can take place within a smaller space. It is anticipated that a gymnasium will be needed in all but the smallest of secondary schools.
 - **Dance Studio** – used primarily for movement and dance. A dance studio is likely to be needed in all but the smallest of secondary schools.
 - **Fitness Room** – a well-equipped fitness room provides an environment in which pupils can focus on preparation for physical activity, and should be considered important to the delivery of the physical education curriculum.
 - **Classroom** – the classroom offers opportunities to use ICT, video and other aids to help pupils appreciate, analyse and improve performance. A well-equipped classroom should be considered essential to the delivery of the physical education curriculum.

- **Swimming Pool** - Whether or not to provide a pool at a school is a complex decision because pool use is typically less than the other teaching spaces and because swimming pools are the most expensive spaces to construct, operate and maintain. The larger the school, the more sense it may make to provide a pool on-site, but all secondary schools should have a swimming pool or easy access to one within reasonable travelling time.
- **Outdoor Teaching Spaces** - The requirements of extra-curricular sports activities and the fact that grass playing fields can accommodate only a limited amount of use per week without deterioration in their quality makes the decision on which and how many outdoor teaching spaces to provide somewhat more complex than for indoor spaces. Synthetic grass pitches have several advantages over traditional grass ones. They can cope with much more intensive use, require significantly less maintenance and are significantly less affected by severe weather. It is recommended that all secondary schools have access to a synthetic turf area suitable for use as a teaching space. Larger schools may require a second, although this may not necessarily be full-size. In addition, all schools should have sufficient grass playing fields to accommodate both curricular use for physical education and extra-curricular use by school teams and clubs for match play and training. The provision of mineral-based playing fields is not recommended.

5.41 It may not necessarily make economic sense to provide every type of teaching space listed above: in smaller schools this will lead to spaces being under-utilised. In order to ensure an appropriate mix of facilities to deliver the curriculum, indoor teaching spaces should normally be prioritised to ensure that for any given size of school (but particularly for smaller schools) the most flexible teaching spaces are chosen first. The individual circumstances and requirements for each school should, however, ultimately determine which teaching spaces are selected. In all cases, an adequate number of spaces should be provided to cope with the total period load. In addition, all schools should have sufficient playing fields available and have access to a suitable swimming pool.

5.42 Current provision per secondary school site and an analysis of facility surplus/deficit is provided in the settlement-by-settlement review in Section 5.5.

5.43 With regard to Primary School PE space, an initial aspiration, based on a number of simple assumptions is set out below:

5.44 Based on a 5 hour (excluding lunch and breaks) primary school day (and therefore a 25 hour week), with each class group getting 2 hours of PE per week as recommended by the Physical Activity Taskforce. Some of this activity will be outdoor, but because this is for primary schools and to allow for winter weather we have to calculate on the basis of all activity being indoors. Also, all PE spaces should be 2-court size or bigger and should not be used for dining.

- 1-stream: Mixed use space (minimum 2-court size)
- 2-stream: Dedicated PE space (min. 2-court) with smaller mixed use space suitable for lower school PE (min 1-court)
- 3-stream: 2 Dedicated PE spaces (min. 2-court)

Participation Centres

- 5.45 The role of Participation Centres is to provide a range of courses, sports and opportunities for people to try out new activities, or take part in casual sports and active recreation in a positive, proactive and friendly environment. The role of Participation Centres can overlap with Foundation Centres in that they can, for instance, programme beginner sessions for children e.g. swimming, and also provide Foundation activities for adults.
- 5.46 These centres are considered to be essential to the achievement of the wider national and Council goals of increased activity and participation. Three key points that will determine their success are:
- **Management** – specialist and proactive management is required that understands the need to be innovative and to develop sports and recreation activities and opportunities that meet local community needs. Simply providing a “caretaking” service where facilities are hired out to clubs and organised groups is not an option and active marketing and outreach work would be part of the Centre’s role.
 - **Accessibility** – these centres need to be local and accessible. The aspiration set out in *Sport 21* that people should have no need to travel further than a child may have to travel to a Secondary School, is one that is aimed at here. The research for this strategy highlights how local most catchments are, and that time is one of the major expressed reasons for non-participation. The more local the facility the easier it will be to overcome this barrier.
 - **Facility Mix and Quality** – in general Participation Centres should have a range of facilities on site to enable a good mix of activities and opportunities to be offered. Quality of facilities is also crucial to encouraging future participation. Taking part in recreation and sport needs to be a positive “experience” to encourage people to continue to participate. Increasingly people are expecting facilities that are well maintained and provided to modern standards. This is particularly the case where the public pay to use sports facilities, and hence expect high standards. Most will not complain, they will simply not return. The health, social and community benefits of their participation will therefore be lost, as will the economic benefit of their custom to the facility.
- 5.47 Participation Centres can accommodate either “wet” sports or “dry” sports or both. Most important in terms of developing participation, as identified by **sportscotland**, will be accessible indoor dry sports facilities. As a minimum a Participation Centre should include the following.

Participation Centre	Criteria
Dry Sports Centre	<ul style="list-style-type: none"> • Minimum 3 badminton court hall with flooring and lighting to sportscotland recommended levels • Fitness Room with mix of CV and resistance equipment, minimum 20 stations • Minimum of one Studio for dance, aerobics, yoga etc. • Crèche or room for a temporary crèche • Well specified changing facilities with disability provision and general access • Reception • Refreshment area – either vending or serviced area • First Aid Room • Car Parking
Wet Sports Centre	<ul style="list-style-type: none"> • 20m pool x minimum 4 lanes • Crèche or room for a temporary crèche • Well specified changing facilities with disability provision and general access • Reception • Refreshment area – either vending or serviced area • First Aid Room • Car Parking • Fitness Room if justifiable within the catchment

Performance Centres

- 5.48 Once interest in a particular sport or activity has been stimulated, then the opportunity to progress and develop in that sport should be provided. The nature of sport generally means that such progression takes place within a more formal – normally a club – structure. Some participation development is also more suited to a club environment. The very nature of clubs means that they are generally more self sufficient and less in need of supervision when using facilities. They can also provide a level of social interaction and a social element that is often lacking from more “casual” activities. However, in order for clubs to develop they need both suitable facilities and a sufficient number of hours to develop coaching, training and competition. This is usually a problem in “public” leisure centres where a range of competing demands means that large blocks of time for club use cannot be programmed in.
- 5.49 In general, school sports facilities provide excellent opportunities for the development of sports clubs. School facilities can offer longer letting periods needed to develop the sport and the times that school facilities are available for hire are generally the times that clubs need to access them (evenings and weekends) . There are also benefits to schools of having such clubs using their facilities as strong school/club links can be forged, with pupils having the opportunity to participate after school in different sports, and club coaches being prepared to provide instruction during curricula time.
- 5.50 The management and facility model developed at Bathgate Academy is one that can be expanded in suitable schools across West Lothian. It must be stated that schools are not the only option for Performance Centres (the sports centre at Craigshill is another example of this approach), but the schools option does make sure that the maximum use and benefit from sports facilities is achieved throughout the day.

5.51 Criteria for a Performance Centre should include:

Performance Centre	Criteria
Dry Performance Centre	<ul style="list-style-type: none"> • Minimum 4 badminton court size sports hall to sportscotland recommended specification • Room for coaching seminars, review of performance • Separate access to facilities without having to enter main school building • Refreshment/vending facilities • First Aid on site and Accessible • Telephone on site and accessible • Male/female/disabled changing and toilets • Access to weight training/fitness facilities
Wet Performance Centre	<ul style="list-style-type: none"> • 25m x minimum 4 lane pool • Competition and timing equipment • Room for coaching seminars, review of performance • Separate access to facilities without having to enter main school building • Refreshment/vending facilities • First Aid on site and Accessible • Telephone on site and accessible • Male/female/disabled changing and toilets • Access to weight training/fitness facilities

Centres of Excellence

5.52 Centres of Excellence are likely to be specific to the sport concerned, although – depending on the facility mix – Participation and Performance Centres may be able to also act in this role. The main criteria for Centres of Excellence is that they provide both facilities and access to those facilities for top national and international performers and those that have the potential to achieve high performance levels. Facilities will need to meet the relevant governing body's requirements and their role at a regional or national level recognised.

5.53 The development or designation of such facilities will largely be dependent on wider national decisions. **sportscotland's** *National and Regional Sports Facilities Strategy*, produced in the autumn of 2003, sets out **sportscotland's** wish to work with partners to develop a network of multi-sports facilities across Scotland with the aim of addressing the major facility needs for priority sports through the provision of quality facilities for training and appropriate competition. The Scottish Executive has identified £28.8m of funding, which includes £16 million previously set aside for the Euro 2008 Bid, for the development of regional and national sports facilities. The Ministerial announcement in March 2003 identified priorities for investment in a network of regional indoor training facilities, the provision of a new or re-developed national indoor athletics arena and two municipal stadia. West Lothian can proactively lobby for some facilities of greater than local significance, and should do so, given the strategic location and relative accessibility of the county.

6. APPLYING THE MODEL

Introduction

- 6.1 Using the Foundation, Participation and Performance models set out above, we have attempted to rationalise existing indoor sports provision and provide a framework for facilities in each settlement area of West Lothian. This adopts the “fresh pair of eyes” approach and does not attempt to make judgments based on who manages the existing facilities nor the functions that they currently fulfil.

Facility Planning Model

- 6.2 As highlighted earlier, the FPM run for West Lothian is based on a range of criteria, including catchment and travel parameters. It does not take account of the perceptions of local people about the extent and boundaries of their own communities e.g. whether people in Armadale feel as comfortable about (or indeed would consider using) facilities in Bathgate as they do in their own town. As there is a strong sense of individual communities and some perceived geographical barriers, we have taken a more simplistic approach (and it must be recognised as such) and applied the age, gender, participation frequency and participation rates of the FPM to each settlement area. The base data used is the recently released 2001 Census results. This has been used to identify the number of sports halls (measured as 4 badminton court units) and the number of swimming pools (measured in terms of m² of water, converted to a basic 25m x 6 lane unit) that are theoretically needed to serve each settlement if each settlement was taken in isolation.
- 6.3 The FPM parameters for swimming have also been altered following discussion with **sports**scotland. The capacity criteria for pools is currently set at 2m² per person. This was based on minimum Health and Safety requirements rather than comfortable levels of participation, or in fact the reality reflected by the usage of most pools. For this strategy the capacity criteria has therefore been increased to 4m² per person.

Future Targets

- 6.4 Where the adaptation of the FPM shows that supply still exceeds theoretical demand, we have made some subjective judgements as to the future need for facilities. This is on the basis that national and local targets are to increase participation, and it is better therefore to have some over supply to cater for future possible demand. Unfortunately the parameters of the FPM do not easily lend themselves to adaptation to take account of participation growth targets.

Politics and Finance

- 6.5 A difficult part of the overall equation in applying the model is the extent to which political influences of practical costs may affect decisions. This is particularly applicable to the supply of Swimming Pools, where there is some justification for the rationalisation of provision. There is some financial rationale for this as well, given the high revenue costs of operating swimming pools as opposed to dry sports centres. For instance, there is an argument that one, not two, pool units can meet the combined demand of the Armadale and Bathgate communities. However, neither existing pool fully covers the 1 mile “walk in” catchment that, according to the **sports**scotland’s FPM, accounts for 30%

of users. There are, therefore, a number of cost benefit and potentially political issues that surround decisions on facilities in specific settlements.

Applying the Model in Practice

- 6.6 The supply model sets some “ground rules” for different facility types and roles. When this is applied to each settlement it is clear that not all facilities fit neatly into the model. For instance, on balance the best wet facility for a Performance Centre may have a 20m rather than a 25m pool. These issues need to be highlighted and addressed, whilst applying a degree of pragmatism to the conclusions.
- 6.7 In evaluating existing supply for the model we have discounted dry sports facilities of less than three badminton court size or pools of less than 20m length.
- 6.8 Set out in the following sections is a review of the supply and demand of indoor facilities by settlement, together with recommendations as to the future role of existing facilities, potential improvements, and/or new facilities required. In looking at facilities account is also taken of proposed PPP improvements and NOF bids within the schools.

Armadale

- 6.9 The population of Armadale is around 9,000. Applied solely to this settlement the parameters of the FPM show a demand for 1.22 four badminton court sports hall units and 83m² of pool water (approximately one quarter of a 25m x 6 lane pool, or half a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Armadale Swimming Pool	<ul style="list-style-type: none"> • 25m x 5 lane pool • Free form learner pool 11m x 7m • Small fitness area • Well maintained 			Participation and Performance Centre (wet)
Armadale Community Education Centre	<ul style="list-style-type: none"> • Sport Hall – 3 badminton court, granwood floor, poor condition • Weights Room – old equipment, poor condition • Meeting/community rooms 			Participation Centre (dry) Would need upgrading and improving
Armadale Academy (738 pupils)	<ul style="list-style-type: none"> • 2 x Gymnasia approx 1 ct (both poor condition) • Pool 17m x 9m • Un-floodlit Blaise • 2 x Grass pitches • Assembly Hall used for sport and other activities 	<ul style="list-style-type: none"> • Sports Hall - 4 badminton court • Floodlit Synthetic Turf Pitch (STP) 		Foundation Centre and Performance Centre (dry)

- 6.10 Currently there is under provision in terms of dry sports facilities in the town, with no specific centre that proactively develops dry sports. The proposed sports hall and STP at the Armadale Academy should provide both a quality Foundation Centre and a focus for Performance development. However, there is still a need for a Participation Centre for dry sports and the Community Education Centre has the potential to fulfil this role with investment in improving the facility.
- 6.11 The Armadale Swimming Pool creates an issue, in that the FPM does not show adequate demand for a pool of this size to serve the town. However, it is the only 25metre pool that could serve both Bathgate and Armadale, and as such could perform a dual Participation/Performance function. The Bathgate Swimming Club has identified its dissatisfaction with current provision and the need for a 25 metre pool. However, the issue of Armadale being a separate community may not make this attractive to the club.

Bathgate

- 6.12 The population of Bathgate is around 15,000. Applied solely to this settlement the parameters of the FPM show a demand for 2 four badminton court sports hall units and 138m² of pool water (approximately half of a 25m x 6 lane pool, or 80% a 20m x 4 lane pool). Current supply is as follows:

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Bathgate Sports Centre	<ul style="list-style-type: none"> • 37 station fitness gym • 2 dance/exercise studios • Health Suite • Soft Play • "Temporary" dry side sports structure with 3 x 5 a side areas or useable as a 100m indoor athletics track • Synthetic Turf Pitch • Well refurbished, imaginative and good quality design and finishes 			Participation Centre (dry). However, lacks purpose built indoor sports hall
Bathgate Swimming Pool	<ul style="list-style-type: none"> • 22.9m x 10.1m pool • Well decorated, but old, cracked tank 			Participation Centre (wet)
Bathgate Academy (955 pupils)	<ul style="list-style-type: none"> • Sports Hall - 6 badminton court • Pool 14.6m x 7.3m • Gym 1 (1 bad ct) • Gym 2 • ¾ floodlit STP • Good new PPP/Lottery funded facilities 			Foundation and Performance Centre

- 6.13 In terms of indoor sports hall space the new Bathgate Academy facilities provide excellent opportunities for club development. It is debatable, however, how far the Bathgate Sports Centre “temporary” structure meets the requirements of a second indoor sports hall, and there is an argument for a further three or four court purpose built facility at the Centre.
- 6.14 Consideration is currently being given to the future of Bathgate Swimming Pool in view of its structural condition. From the perspective of this strategy there are a number of options:
- Repair the pool and keep open. As a Participation Centre this is fine, but the pool is not of a standard length, and not ideal for club training or development.
 - Close the facility and focus swimming provision for Bathgate and Armadale on the Armadale pool. This might be politically difficult, but if finance is an issue would be beneficial.
 - Replace the facility. If this were to be an option, then the new pool should be 25 metres. For the sake of economies of operation and of providing a “mix” of activity options, it would be sensible to locate the pool adjacent to the Bathgate Sports Centre.
 - Replace the facility and close Armadale Pool. In this case a location between both towns might be considered to be a more acceptable alternative.
- 6.15 The decision on the best option will need to be considered both within the strategic context and in the light of political and financial objectives.

Blackburn

- 6.16 The population of Blackburn is around 5,000. Applied solely to this settlement the parameters of the FPM show a demand for 0.64 four badminton court sports hall units and 44m² of pool water (approximately 15% of a 25m x 6 lane pool, or one quarter a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Blackburn Community Centre	<ul style="list-style-type: none"> • Sports Hall – 4 badminton court, good condition • Fitness Room • Sauna • Meeting Hall • Meeting/community rooms 			Participation Centre
St.Kentigerns RC Academy (1003 pupils)	<ul style="list-style-type: none"> • Sports Hall – 3 bad ct • Gymnasium • Pool – 20m x 8m • Fitness Room • 1 blaes pitch • 3 grass pitches <p>Note: pool and fitness are new with separate reception, entrance for community</p>		Proposed STP	Foundation and Performance Centre, although the sizes of both the pool and sports hall are not ideal

- 6.17 The facilities at the Blackburn Community Centre are suitable for the development of a Participation Centre. It has other community facilities, such as the Meeting Hall so its role as a wider community facility should continue. Some upgrading and improvements would be required, although the sports hall itself appears to be in good condition.
- 6.18 St.Kentigern's offers some good sports facilities, with the pool in particular being of good quality. There is little rationale for developing it as a fully functional Participation Centre, particularly as it located little more than 2 miles from the Whitburn Swimming Pool. However, it could offer good quality facilities for performance development, with the caveats mentioned in the table above. As a temporary measure it could provide public access if the Whitburn Pool closes for refurbishment. A preliminary review of space for teaching PE identifies that the school is one teaching space short of its ideal requirement, and the Foundation model would support the upgrading of the blaes pitch to a full STP.

Broxburn and Uphall

- 6.19 The population of Broxburn and Uphall is around 13,000. Applied solely to this settlement the parameters of the FPM show a demand for 1.77 four badminton court sports hall units and 121m² of pool water (approximately 40% of a 25m x 6 lane pool, or 70% of a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Broxburn Sports Centre	<ul style="list-style-type: none"> • 4 badminton court hall • 2 court ancillary hall • 27 station fitness gym • Free weights room • 3 x 5 a side outdoor floodlit courts • Well maintained and decorated • There are plans to extend the fitness gym 			Participation Centre
Broxburn Swimming Pool	<ul style="list-style-type: none"> • 25m x 6 lane pool • Learner pool • Sun Bed • Sauna • Soft Play area • Facility looks "tired" 			Participation Centre
Broxburn Academy (811 pupils)	<ul style="list-style-type: none"> • Sports Hall – 4 badminton ct. • Gymnasium (approx 1 ct) • Pool 20yds x 8yds • Dance Studio • Blaes outdoor area 	Completed		Foundation and Performance Centre (dry only)

- 6.20 Broxburn is well provided for in terms of sports facilities. The swimming pool is in need of some investment to improve its image, and the Academy requires an STP.

Fauldhouse

- 6.21 The population of Fauldhouse is around 4,500. Applied solely to this settlement the parameters of the FPM show a demand for 0.64 four badminton court sports hall units and 44m² of pool water (approximately 15% of a 25m x 6 lane pool, or 25% of a 20m x 4 lane pool). Current supply is as follows:

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Fauldhouse Community Centre	<ul style="list-style-type: none"> • Sports Hall – small 3 badminton court size in need of refurbishment, semi sprung floor • 25m x 5 lane pool with spectator seating at one end • Small Fitness Room with limited equipment, some 13 stations • Café area • Meeting/community rooms 			Participation Centre

- 6.22 The Community Centre provides a range of community and sporting facilities. The majority of its facilities are sports focused although its location means that its function as a facility for other, non-sporting, community based activities is important. The facility is in need of investment, is not an appealing or attractive facility, and feedback from sporting users suggests that a more specialist approach to sports programming is required if the maximum benefit is to be obtained from the pool in particular. The latter facility is difficult to justify in terms of the size of the community. The relative isolation of the settlement from other provision has however to be taken into account.

Linlithgow

- 6.23 The population of Linlithgow is around 13,500. Applied solely to this settlement the parameters of the FPM show a demand for 1.84 four badminton court sports hall units and 124m² of pool water (approximately 40% of a 25m x 6 lane pool, or three quarters of a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Linlithgow Leisure Centre	<ul style="list-style-type: none"> • 3 badminton court sports hall • 20m pool with free form element • circa 40 station fitness gym • Large Dance/exercise Studio • Cafe • Outdoor floodlit synthetic surface 2 x 5 a side size • Built 1996 			Participation Centre

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Linlithgow Academy (1186 pupils)	<ul style="list-style-type: none"> School Hall – 3 bad ct, but doubles for seated theatre performances etc. Gym – 2 bad ct Gym – 1 bad ct Pool – 15m x 7m Full Size Floodlit STP 			Foundation and Performance Centre

6.24 A good range of indoor and STP facilities are provided in Linlithgow. However, there is a deficiency in purpose built indoor sports hall space. To enable the Academy to function fully as both a Foundation and Performance Centre, a four badminton court indoor hall is required.

Livingston

6.25 The population of Livingston is around 59,500. Applied solely to this settlement the parameters of the FPM show a demand for 8.9 four badminton court sports hall units and 617m² of pool water (approximately two 25m x 6 lane pool, or 3.6 20m x 4 lane pools). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Bubbles Leisure Pool	<ul style="list-style-type: none"> Leisure Pool 49 station fitness gym Dance/exercise Studio Health Suite Soft Play Attractive/well maintained 			Participation Centre
Craigswood Sports Centre	<ul style="list-style-type: none"> 4 badminton court sports hall Soft Play Area 2 x small fitness gyms 2 x Squash Floodlit Athletics Track Floodlit full size blaise pitch Athletics track in need of investment Considering developing new 30 station fitness gym and Dance/exercise studio 			Participation Centre

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Craigwillow Centre	<ul style="list-style-type: none"> Sports Hall – 4 bad ct, dedicated to gymnastics Gym 1 – used for trampolining and table tennis Gym 2 – used for Tai Kwando Upstairs space and kitchen 			Uncertain – depends on future capital investment
Deans Community High School (838 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 bad ct Gymnasium Pool 20m x 10m Fitness Room – 2 converted squash cts, old equipment 1 blaes pitch 3 grass pitches Generally “tired” looking facilities 	No change to facilities.	Upgrade blaes to full size floodlit STP	Foundation and Participation Centre
Inveralmond Community High School (1025 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 to 4 ct 28m x 24m Gymnasium 1 – 2 ct Gymnasium 2 - 1 ct Pool– 20m x 10m Dance Studio Fitness Gym – 20 station Squash Courts x 2 ½ size STP 4 grass pitches Note: Some good community facilities 	No change to facilities.		Foundation and Participation Centre
James Young High School (943 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 to 4 bad ct Gymnasium Small fitness Pool – 20m x 10.5m Squash Courts x 2 Tennis Courts – 6 synthetic floodlit 1 blaes pitch 2 grass pitches Note: physical access for community use would be difficult 		Upgrade blaes to full size floodlit STP, upgrade fitness room and changing	Foundation and Participation Centre

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
St. Margarets RC Academy (1021 pupils)	<ul style="list-style-type: none"> Sports Hall – 3 bad ct Pool – 25m x 13m Fitness Gym – 11 stations Full size floodlit STP 1 grass pitch Note: separate access available for community use of pool 			Foundation and Performance Centre
West Lothian College	<ul style="list-style-type: none"> 6 badminton Court Sports Hall Large Fitness Gym Small Dance Studio 			Part Performance Centre

6.26 Indoor sports provision in Livingston, the largest settlement in West Lothian, is problematic. Total indoor sports hall space equates to around five 4 badminton court units, against a theoretical demand for nine units. There is more a match between supply and demand for swimming pool provision. However, overall, location and distribution of facilities is an issue.

6.27 In summary, the main north west and north central areas of Livingston are relatively well served by the two Community High Schools of Deans and Inveralmond. There are investment and management needs, particularly in respect of the appearance and quality of Deans if these roles are to continue and develop. There is a rationale for keeping these facilities as Participation Centres, even though they are school based.

6.28 To the east is the Craigs Willow Centre, which could be considered as a Performance Centre, albeit only dedicated to a limited number of sports. However, there are substantial structural issues with the building and how these will be resolved is uncertain. There is also Craigswood Sports Centre. Currently delivering the role of a Participation Centre, the facility is on the northern periphery of the Craigshill area, and not ideally located to serve that particular catchment. It is also less than a mile from Inveralmond Community High School. In many ways Craigswood Sports Centre, with its limited range of facilities, is better suited to a Performance Centre, with both the athletic track (about which the clubs have raised issues) and the indoor facilities having the potential to operate in the evening on a club base, with some participation use during the day. An alternative Participation Centre would therefore be required to serve the Craigshill area. Both of these objectives may require a medium term view.

6.29 In the centre of Livingston, Bubbles provides an attraction of greater than local significance, but is very much a “leisure” facility. St. Margarets Academy has some excellent facilities and lends itself to club use, particularly with the 25m x 6 lane pool. West Lothian College’s facilities are focused on student course development, but there may be opportunities to develop some club use, albeit not along the full Performance Centre model. This would be subject to further discussions with the College.

6.30 The only significant indoor sports facilities serving the southern part of Livingston belong to the James Young High School. Whilst these are being further developed with NOF funding for a new STP, the location of the indoor facilities in the school is far from ideal for either community or club access. Certainly the

design and layout currently rule out use of the school for general public access. This then leaves the entire southern area of Livingston devoid of a Participation Centre. Serious and urgent consideration should therefore be given during the PPP process, or outside of it, to the feasibility of adapting access to the James Young facilities for community use.

East Calder

- 6.31 The population of East Calder is around 5,000. Applied solely to this settlement the parameters of the FPM show a demand for 0.64 four badminton court sports hall units and 44m² of pool water (approximately 15% of a 25m x 6 lane pool, or one quarter a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
East Calder Sports Centre	<ul style="list-style-type: none"> • 4 badminton court sports hall • 20 station fitness gym • Sun Bed • Relatively new facility in good condition 			Participation Centre

- 6.32 Although touching on the edge of Livingston, East Calder stands as a community of its own, separated from Livingston by Almondell and Calder Wood Country Park. Its facilities at the Sports Centre are in keeping with the catchment, with the exception of a studio added to the centre as an option for the future.

West Calder

- 6.33 The population of West Calder, including Polbeth is around 5,000. Applied solely to this settlement the parameters of the FPM show a demand for 0.64 four badminton court sports hall units and 44m² of pool water (approximately 15% of a 25m x 6 lane pool, or one quarter a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
West Calder High School (941 pupils)	<ul style="list-style-type: none"> • Gymnasium 1 – 2 ct • Gymnasium 2 – 1 ct • Pool – 18.3m x 9.1m • Blaes pitch • 4 grass pitches 		Improve grass pitches	Foundation and Participation Centre

- 6.34 In terms of teaching spaces West Calder High School is deficient, based on the Foundation Centre model, by one four badminton court sports hall and an STP. An STP for West Calder is currently on the reserve NOF list. There is also a lack of Participation facilities. The most economical and practical resolution to this issue would be the development of a four court sports hall at West Calder High School, designed to enable community access and management as well as school use. The most suitable location for this would be on land to the south of the school as there are development restrictions on other areas of the site as a result of the high pressure ethylene gas pipeline that runs through the school grounds to the north and west. There is some concern that consideration has been given to disposal of the land to the south, and it is recommended that

decision is taken on this until the location need for the sports hall have been fully investigated.

Whitburn

- 6.35 The population of Whitburn is around 10,500. Applied solely to this settlement the parameters of the FPM show a demand for 1.4 four badminton court sports hall units and 96m² of pool water (approximately 32% of a 25m x 6 lane pool, or 56% of a 20m x 4 lane pool). Current supply is as follows.

Centre	Facilities	Proposed PPP	NOF Bid	Possible Role
Whitburn Swimming Pool	<ul style="list-style-type: none"> • 25m x 6 lane pool • Teaching Pool 6.8m x 7.5m • Sun bed • Spectator seating • Plans to close facility for 12 to 18 months for redevelopment, to include Fitness Gym, Dance/exercise Studio, Soft Play and community rooms 			Participation Centre
Whitburn Community Centre	<ul style="list-style-type: none"> • Sports Hall – 3 badminton court • Ancillary Hall • Fitness Room • Squash Courts x 2 • Outdoor floodlit STP 			Participation Centre with improvements
Whitburn Academy (975 pupils)	<ul style="list-style-type: none"> • Sports Hall – 4 bad ct • Gymnasium 1 - 2 ct • Gymnasium 2 - 1 ct • Pool – 20m x 10m • Full size floodlit STP – poorly maintained • Small fitness • 2 grass pitches 			Performance Centre

- 6.36 Whitburn is well catered for in terms of swimming provision. There is, however, no dry sports Participation Centre. Whitburn Community Centre could fulfil this role with improvements. This does therefore raise the question as to whether the capital proposed for investment in the Whitburn Pool might not be better spent extending and upgrading the Community Centre to Participation Centre standards. It would also be significantly less disruptive for the existing pool users. The development option at either site would nonetheless provide the basic mix of facilities required for a Participation Centre.

Provision in Rural Communities

Other Settlements – Addiewell, Blackridge, Kirknewton, Stoneyburn, Torphicen, Winchburgh,

- 6.37 Participation in sport and active leisure is not just the prerogative of those who live in one of the larger settlements within West Lothian. The needs of those living in the smaller rural areas of the county are just as important. Access to sporting opportunities, whether they are facilities or activities is, however, often more difficult in outlying rural areas, where the size of population makes it difficult to justify the provision of major sports facilities, and particularly for those groups, such as the elderly and the young, who may not have their own private transport to access opportunities elsewhere.
- 6.38 Frequency of participation in sports activities is one of the most important factors in achieving the benefits that it can bring. A work out in the gym once a fortnight will not significantly contribute to health improvement, nor will a one off sports course for young people in a local village necessarily improve skills or reduce vandalism for the rest of the year. Whilst improved transport links from the rural areas to the main towns may promote higher levels of participation in specialist or “day out” activities, it is unlikely to encourage the less dedicated participant to spend a half hour in the gym or at a class if it is sandwiched by two three quarter hour bus rides. It is therefore important to ensure that each small community has at least one indoor facility (village hall, community centre, access to local school) in which a range of physical activities can be programmed. The “software” element here is as important as the “hardware”, so outreach sports development activities aiming at ultimate self-sustaining provision should be the goal.

A Model for Rural Communities

- 6.39 The following is a proposed model for the smaller rural communities.

FACILITY	REQUIREMENTS
Sports Hall	1 badminton court size multi purpose hall – roof height, lighting, flooring and storage must be adequate to accommodate a range of sports, play and physical activity
Multi Use Games Area	5 a side size
Fitness Facility	minimum 10 stations of mixed CV and resistance equipment
Outdoor Playing Field(s)	with accommodation for male and female changing

- 6.40 It must be recognised that village halls and community centres often perform a multiplicity of functions, acting as meeting areas, function rooms, venues for life long learning, community events and so on. A detailed audit of these facilities, taking account of these needs as well as those of sport, is required and a development plan for each, showing how each can be improved to meet these needs, or identifying where there is a deficiency in provision (e.g. where conversion/improvement of an existing facility is impractical) needs to be undertaken.

- 6.41 The one major centre that has significant sporting facilities in a smaller community, is the Stoneyburn Community Centre. This has a 3 badminton court hall with semi-sprung floor, small fitness and un-floodlit 5 a side STP, as well as a range of rooms for youth club and community activities. It is felt that, given the size of community and the mixed function that this facility fulfils, and the lack of any other halls in the village, the centre should continue in its present role but with more proactive outreach sports development activities being programmed at the Centre, making full use of the facilities available.

Other Key Factors

Performance Centres

- 6.42 The majority of proposed Performance Centres in this strategy are located at schools. There are a number of issues that will need to be resolved if the maximum sporting and activity benefits are to be achieved.

PPP

- 6.43 Given the importance of sports and PE facilities for both the school and for the community, consideration needs to be given at an early stage of the PPP process to design, access and programming of these facilities.
- 6.44 To date three secondary schools (Bathgate, Broxburn and Whitburn) and a number of primary schools have been the subject of PPPs. It is understood that initial specialist input into the specification and design of the sports and PE facilities within these PPPs has been variable and sometimes minimal, with PE teachers at the schools themselves not always having been fully consulted. Technical design notes have been produced by the Council's construction services. The PPP team acknowledge the need for, and wish to seek, greater consultation on the sports elements of the PPP projects.
- 6.45 With regard to community use of the PPP schools, this will continue with the secondary schools taking the bookings (bookings are coordinated centrally for primary schools), and provided 48 hours notice is given to the PPP contractor of the booking there will (in general) be no additional charge from the contractor to the Council.
- 6.46 The next phase of PPP projects will include Armadale Academy, St. Kintegern, James Young, Deans and Inveralmond. The ITNs are being prepared at the present time and are due for completion in June 2003. Financial close for the project is estimated to be February 2005.
- 6.47 It is important that specialist sports and PE expertise is involved in, and advises on, the development of the ITN's, both from a design, access and quality perspective and from the specification for community use.

School Lettings

- 6.48 As identified earlier, school sports facilities provide excellent opportunities for the development of sport and active recreation, particularly for sports clubs that are affiliated to their governing body and have clearly established development plans that aim to increase participation and offer progression routes through from Foundation level upwards. School facilities can offer longer letting periods needed to develop the sport than can public leisure centres,

which have competing demands. There are also benefits to schools of having such clubs using their facilities as strong school/club links can be forged, with pupils having the opportunity to participate after school in different sports, and club coaches being prepared to provide instruction during curricula time.

6.49 At the present time, however, there is no clear policy regarding the encouragement of such clubs to use school facilities, nor for giving them priority to do so. Most secondary school lettings are taken by the school, often by its "Business Development Manager" or similar. Each school has an income target to reach from community lets, and as a result lettings are largely financially rather than strategically driven. There are, of course, good examples of schools that encourage use by specialist sports clubs, and the Bathgate Academy is pioneering a more radical approach to this relationship, but these are not taking place within a broader strategic perspective.

6.50 It is considered essential, therefore, that a clear policy and priorities for the future letting of identified Performance Centres is developed and agreed. There are a number of points regarding this:

- This does not mean a reduction in income from lets, just an approach that ensures the lets that are made are aimed at meeting broader government and Council policies, rather than being on an ad hoc basis.
- This will require a coordinated approach to decisions on which lets are made at which schools. Practically such lets could:
 - a. still be administered through the schools but on the basis of a Council coordinating team acting as a brokering agent between key clubs and schools, or
 - b. they could be centralised, but with the income still going to the school, or
 - c. alternatively the coordinating team (most likely to be focused through Sport and Leisure) could have first call on "core" hours within the school sports facilities and pay the schools for the lets they make, then take the income directly from the clubs, possibly choosing to subsidise certain clubs if it was felt strategically appropriate to do so. The school then has guaranteed income from these core hours and is free to maximise income from the non-core hours as it sees fit.

6.51 Whichever option is taken the basis of the lettings must be strategically driven. A lettings policy could be based on the following hierarchy:

- priority to clubs that are affiliated to their governing body of sport and have a formal sports development plan that meets Council and sportscotland priorities and objectives and/or
- clubs that focus on identified priority sports and/or
- clubs that focus on sports that it is felt need to be developed/encouraged in a particular geographical area;
- clubs/organisations that have a community base e.g. youth clubs, scouts, community groups;

- Loose-knit organisations (pub teams, local works team etc.) that are still an important part of participation in active lifestyles.

6.52 Lastly, with regard to the pricing of school facilities for community lets, it is essential that a balance is achieved between meeting Council financial targets and enabling community use by strategically important groups. It is understood, for instance, that weekend use of schools is subject to a “surcharge”. This is based on an extra amount added for “opening” the school. However, this charge is not made as a one off, but is added to each hour of the let, irrespective of the fact that the school has only to be open once. In practice, there are no additional costs as it is understood that the shift patterns and pay of the janitors have been renegotiated to cover weekend lets. However, the increase in costs to the hirer can act as a significant deterrent. This approach is not in any sense “commercial” as, if it does not encourage community use, then the school is not making any money but still having to pay the overheads. A commercial approach would be to *discount* prices to encourage use on the basis that it is better to get some money as a contribution to fixed overheads than none at all. More research would need to be undertaken to identify the extent, if any, of the deterrent of the “surcharge” on use by community groups, but it is recommended that such a review is undertaken, both from a purely commercial standpoint and from the objective of encouraging community use.

Participation Centres

- 6.53 The ethos of a Participation Centre is to encourage and facilitate participation by the local community in sport and physical activity. By the very nature of a diverse population this will mean offering a range of activities and sports, courses and casual use. Outreach work into the community will also be an important part of the Centre’s role. The programming objectives should be based on centre promoted activities rather than simply letting the facility to local organisations and casual groups (although there is a place for this, and it is a matter of balance i.e. not making block bookings during core peak hours). Where a Participation Centre has outdoor floodlit facilities then activities that can be accommodated outside (5 a side football, for instance) should be. This will free internal space for the development of activities that can only be programmed indoors. There should also be strategic linkages between Participation and Performance Centres, enabling users who wish to develop their skills further to be moved on to a relevant club. Also, if there is an overdemand for outdoor facility bookings at a Participation Centre, it may be possible to utilise any spare time at Performance Centres once other demands are met. Coordination and a strategic approach to sports development in its broadest sense are the keys.
- 6.54 Since the achievement of national and local targets and outcomes is the primary purpose of adopting a strategic approach to the development of sport and sports facilities, then it is important that where resources are invested, particularly by the Council, monitorable and measurable outcomes are required. These should be contained in conditions of hire of facilities to local clubs and in grant conditions. Given the importance of West Lothian Leisure to helping deliver the strategy, clear annual targets and outcomes should be agreed with them that are conditions of the Council’s grant.

The Importance of Sporting “Software”

6.55 It cannot be stressed too strongly that this strategy is about providing the “hardware” of sport – the arenas and venues within which sporting activity can take place. Other strategies, ongoing policy documents, and national and local initiatives deal with the programming and development. However, without the development of clear programming guidelines and policies for the sports facilities, the assistance to clubs and voluntary organisations, the partnership work with local, regional and national organisations and agencies, the maximum benefits that can be achieved through sporting participation will not be achieved. An ongoing review of how the “software” of sport is delivered, and how effective it is, is therefore as important as the strategic implementation of the facilities strategy. Both are mutually dependent.

Synthetic Turf Pitches

6.56 Synthetic Turf Pitches are covered largely in the models above, but it is worth highlighting a number of points:

- As part of the model all Secondary Schools should have STPs, and these should be floodlit to enable community/club use. There is still a gap in existing and proposed provision, notably at Broxburn Academy, and possibly at West Calder.
- In general all main settlements are or will be well provided for in terms of STP provision. Investment must be made into ensuring existing facilities are well maintained and refurbished as required.
- The sport of Hockey seems relatively happy with current provision (see below). It is therefore worthwhile considering providing provision of specialist synthetic turf for football on some of the proposed sites for new STPs.

Sport by Sport Analysis – Indoor

6.57 The above Models deal with providing multi-purpose and flexible sports provision. With regard to the needs of specific sports surveys were sent to 346 sports clubs and organisations across West Lothian, and 163 responded. This is a 47% response rate, which is reasonable to good for this type of survey. The number of responses by sport, both indoor and outdoor, is summarised in the table below.

Sport	Responses
Archery	1
Athletics	2
Badminton	4
Basketball	1
Bowls	5
Cricket	1
Extreme Sports	1
Fitness Miscellaneous	8
Fencing	1
Football	87 (of which 36 are teams in the same club)
Golf	1

Sport	Responses
Gymnastics	2
Hockey	3
Martial Arts	9
Table Tennis	1
Rambling	1
Running	1
Roller Skating	1
Rugby Union	2
Swimming	10 (2 from the same club and 1 a swimming lessons club)
Sub Aqua	1
Ten Pin Bowling	1
Tennis	4

- 6.58 Of the responding clubs 40 were dissatisfied with current facilities. These included Athletics x 1, Football x 26, Hockey x 1, Martial Arts x 1, Rugby x 2, Running x 1, and Swimming x 3.
- 6.59 Clubs and organisations were also given the opportunity to meet with consultants to discuss specific issues face to face.
- 6.60 In addition the Governing Bodies of the main sports recognised by **sportscotland** were written to, informing them of the work being undertaken for the strategy and requesting any comments or information they felt might be relevant to the study. Below is a sport by sport analysis for *indoor* sports that incorporates the Governing Body, the sports clubs survey responses and face-to-face meetings.

Archery

- 6.61 No major issues raised.

Badminton

- 6.62 Badmintonscotland feels that Badminton is reasonably well catered for in West Lothian, with existing and new school facilities providing a basis for the development of the sport. The new Bathgate Academy facility was particularly praised. The National Development Programme has highlighted West Lothian as one of seven priority Local Authority areas in Scotland.
- 6.63 The clubs themselves were either Very Satisfied or Satisfied with the facilities they used.

Basketball

- 6.64 Basketballsotland has commented that Basketball is typically conducted in only a few sports centres and school facilities in West Lothian, and it anticipates that demand for facilities would exceed supply. The lack of sprung floors in West Lothian facilities was commented upon as an issue that increased the risk of injury to players.
- 6.65 The responding club was happy with facility provision.

Bowling Indoor

- 6.66 The Scottish Indoor Bowling Association has not raised any specific issues other than to provide details of the two indoor bowling clubs in West Lothian. None of the responding Bowls clubs raised major issues.

Fitness – General

- 6.67 A range of dance, and fitness class organisations responded to the survey. In general most are happy with provision. However, there seems to be an issue with a lack of a specialist centre for dance development in West Lothian. Clearly dance cuts across both sport and the arts, but a formal centre for development is worth investigating further, given that dance is often a route for attracting greater female participation in physical activity.

Fencing

- 6.68 The Linlithgow Fencing Club has stated that it is very satisfied with current provision and that it is too early to expand.

Gymnastics

- 6.69 The two responding Gymnastics clubs are satisfied with current provision. However, one of the facilities – the Craigswillow Centre – is in need of some £250k worth of investment to repair to a basic level. The clubs leasing the facility are not able to raise this funding, and therefore its future is uncertain. Its location on the periphery of Livingston, albeit easily accessible by public transport, is also not ideal. Gymnastics requires spacious and dedicated facilities to develop, and a specialist Performance facility to serve West Lothian is likely to be required. It may be difficult to locate this within an existing school facility, due to the need for school sports facilities to be flexible in their use. A more detailed feasibility on the options for the future of the existing site and the alternative locations should therefore be undertaken.

Hockey

- 6.70 Scottish Hockey considers that West Lothian is in a “unique position” with regards to the provision of artificial hockey pitches. It considers the 5 artificial pitches available to support two clubs provide Hockey with very good growth potential.
- 6.71 The one component that is considered missing from provision is club rooms or associated facilities for clubs to meet, socialise etc. This is an important element of Scottish Hockey's Club Development programme.
- 6.72 In fact three Hockey Clubs responded to the survey, as West Lothian facilities at Linlithgow are used by Falkirk Hockey Club. Both clubs that use Linlithgow facilities – Linlithgow and Falkirk – have identified the need for a full size pitch in Linlithgow for matches. The new pitch at Linlithgow Academy will rectify this deficiency.
- 6.73 The issue raised by the NGB about lack of social/club facilities is a real one, and important part of the games development. Work should be undertaken with the clubs to identify how this can be remedied.

Martial Arts

- 6.74 Martial Arts covers a variety of organisations, some of which are affiliated to their governing body, others of which are not. With the exception of one club, which struggled to find adequate hall provision in Livingston, all were satisfied or very satisfied with current facilities.

Swimming

- 6.75 Five main swimming clubs responded to the survey – Bathgate, Broxburn, Fauldhouse, Livingston and Trojans (Whitburn). A further club – Midlothian – also responded and makes use of St. Margarets Academy pool in Livingston.
- 6.76 Bathgate Swimming Club stated that it needs a larger pool with more access times. Broxburn is very satisfied with provision. Fauldhouse is dissatisfied, mainly with the management of the pool programme. Livingston is dissatisfied, considering there to be insufficient pool time available for the senior squad, and with the cost of pool hire. Finally, Midlothian is satisfied with the excellent facilities they use.
- 6.77 In terms of overall swimming provision, West Lothian is well served. There are only three 25m x 6 lane pools in the county – at Broxburn, St. Margarets Academy and Whitburn – and only one is a reasonable competition venue (Whitburn). There is no short course competition pool serving the area (25m x 8 lane).
- 6.78 Without the response of the NGB it is difficult to evaluate where West Lothian sits in terms of competition venue requirements, particularly given its proximity to Edinburgh. However, for training it is recommended that St. Margaret's Academy becomes the Performance Centre for swimming in Livingston and that its programming, pricing and use should reflect this priority. Priority use should also be given to West Lothian clubs until their needs are met.

Squash

- 6.79 Scottish Squash has developed a five year projection for the growth of the game. The major issue faced in reaching the development targets is achieving access to courts. The association needs to train teachers to coach the sport, but is having problems in terms of the cooperation of schools. It finds that in general (not specific to West Lothian) it is difficult to find the right contact within Local Authorities to gain access to and time at facilities, and feels that greater coordination and cooperation are required.
- 6.80 The **sports**scotland FPM identifies that 65% of demand for squash is satisfied, although these figures need reviewing when new parameters are made available as they are based on research undertaken when squash was more popular as a sport. Initial focus should be on assisting Scottish Squash to develop participation, then reviewing local demand and participation rates.

7. PLANNING FOR THE FUTURE – GROWTH AND FUNDING

The Development of West Lothian

- 7.1 At the present time significant population growth is projected in West Lothian by 2015. The options for where this growth will be accommodated are still being discussed. It is possible to identify the potential additional demand for sports facilities generated by each option and the best way of meeting this demand (improvement to existing facilities, investment in new ones) by applying a combination of:
- The parameters of the Facility Planning Model
 - The Supply Model for West Lothian
 - Knowledge of existing provision and the role that each facility is intended to fulfil.
- 7.2 This can be done for each option or for the preferred options once they have been identified. This strategy provides the framework within which a more detailed analysis of the future impact of residential development can be undertaken. What is essential to note is that the building of new facilities (particularly given the issues highlighted in the next section) will not always be the right solution to meeting the need generated by new housing developments. The upgrading, refurbishment and extension of existing facilities may well be a more effective and viable solution. This also facilitates the integration of the new developments within the existing settlement, rather than creating stand-alone and independent new communities.

The “Ticking Timebomb”

- 7.3 The main tenet of this strategy is about improving and utilising the existing and planned stock of indoor sport, education and community facilities to achieve the maximum benefit for the development of sport, and the subsequent health, social and educational benefits that will accrue.
- 7.4 As the strategy is being implemented improvements will be seen to some facilities that have become neglected over the years. In addition investment in sports facilities through Education PPPs, NOF funding, West Lothian Council’s capital programme and West Lothian Leisure funding, means that new and improved sports facilities will be available for education, club and community use over the next few years.
- 7.5 During the five year life of this strategy, therefore, improvements in the stock of facilities should occur. However, with heavy use it is easy for the quality of facilities to deteriorate or become shabby. Investment is not therefore a one off occurrence, but an ongoing process. If the benefits of providing new and improved facilities are to continue, then adequate provision for building and equipment maintenance and replacement needs to be made.
- 7.6 The medium and longer term future of some of the older sports and leisure facilities also needs to be considered and planned for during the life of this strategy. This is a major issue for local authorities across Scotland and the UK.

Many sports and leisure centres were built in the mid 1970s and are coming to the end of their useful life. Replacement is costly, and at some point refurbishment ceases to be an option. The Council needs to plan now for future replacement or be aware where and when substantial capital investment for refurbishment will be required. Funding does not necessarily have to come from the Council's own capital. Contributions from housing developers where the facilities serve new developments is one future funding source. However, such investment needs to be planned and a realistic review of assets should be undertaken during the life of this strategy. This review will need to include education, community, sport and West Lothian Leisure as key partners.

8. OBJECTIVES AND ACTIONS

The Vision

- 8.1 This strategy is driven by the overarching vision for the development of sport set out in West Lothian Council's strategy *Sport for All in West Lothian*:

"The vision of a quality service to sport is a partnership of West Lothian Council, local communities and the voluntary sports sector which enables all residents to select from a wide range of activities geared to enjoyment, social interaction, fitness, competition, and enhanced performance"

- 8.2 It is influenced by key national policies and strategies, not least Let's Make Scotland More Active – A Strategy for Physical Activity and Sport 21 2003-2007.

The Aims

- 8.3 The aims arising from this Strategy are:

- To ensure that a **facilities structure** for sport in West Lothian is put in place than can deliver national and local policies
- To ensure that a **coordinated approach** to the role each facility can play in delivering national and local policies is implemented, in partnership with the providers and managers of sports and leisure facilities
- To ensure that **future planning** for the development of indoor sports and leisure facilities, in terms of the growth of West Lothian, the future use of facilities that can accommodate sporting activity, and the ongoing investment to ensure quality provision, occurs within a structured framework of facility requirements.

The Objectives

8.4 The key objectives from which current and future action plans can be developed are:

- To develop facilities for sport at each Secondary School to meet the minimum standards for **Foundation Centres** established by the Strategy Model
- To ensure each main settlement in West Lothian is provided with a minimum of one dry sports **Participation Centre** as defined by the Strategy Model
- To ensure that each smaller **rural community** within West Lothian has reasonable access to indoor facilities (e.g. village hall, community centre, primary school hall) of a sufficient standard to accommodate a range of indoor sports activities
- To implement in each settlement the principles of the **Performance Centre** within the relevant Secondary School as relevant demand develops
- To ensure that a strategic approach to the community **booking of education sports facilities** is implemented
- To pursue the development of facilities for **sporting excellence** and facilities of national or regional significance within West Lothian
- To plan for the future growth and development of West Lothian to enable maximum sporting gain is achieved from such development and that the sporting needs of the growing communities are met
- To ensure that the **quality of new and existing sports facilities** is maintained and improved to meet the expectations and needs of the public.

The Actions

8.5 The table on the following pages sets out the initial actions arising from this strategy, as part of the process of meeting the above aims and objectives. This action plan is not set in stone, but is an evolving document subject to review and update as actions are achieved and circumstances change. It is, however, a starting point for the implementation of this strategy. Once agreed the details of lead organisation, partners and timescale can be completed.

Action	Lead Organisation or Department	Partners	Timescale
The Strategy Model is used to inform the future need for indoor sports facilities arising from proposed housing developments in West Lothian – this is an important priority as it could affect decisions on the future of existing facilities. All new and improved facilities to meet sportscotland technical guidance current at the time of development.			
Agree the allocation of the role of each facility in each settlement, based on the Strategy Model and recommendations. The outcome of related reviews e.g. Best Value Review of Community Education may have an impact on this or visa versa.			
<p>Undertake feasibilities into the capital and revenue implications of implementing the Strategy Model in the main areas of identified deficiency within West Lothian. These are:</p> <ul style="list-style-type: none"> • Armadale (dry Participation Centre)* • Whitburn (dry Participation Centre)* • Blackburn (dry Participation Centre)* • Livingston South (Participation Centre)* • Linlithgow Academy (sports hall) • West Calder High (sports hall) <p>Note: Facilities that can fulfil these roles already exist in areas marked with a *. These are either Community Education Centres or, in the case of Livingston South, James Young High. Refurbishment rather than major capital new build may therefore be possible. A review of future investment in Fauldhouse Community Centre should also be considered as part of this process.</p>			
Undertake an audit of community halls in rural areas of West Lothian, identifying those that practically and strategically can accommodate a basic range of indoor sports activities, and any capital improvements (new floor, better lighting etc.) that may be required. It would be appropriate to do this in conjunction with other cultural services within the Council, as these facilities will also need to perform a multi purpose function as well as sport e.g. arts activities, play provision, touring drama groups etc.).			
Review and agree a strategic approach to the community booking of school sports facilities.			

Investigate the rationalisation or coordination of the management of each of the Facility Model types. There may be economies of scale, standardisation of service quality, a more strategic approach to policy delivery that can accrue. Examples <i>might</i> include all Participation Centres being managed by WLL, and bookings for school facilities being coordinated through Leisure Services. In both instances there would be a requirement to meet clearly stated outcomes.			
Prepare outline capital schedule for implementation of Strategy Model, and identify potential sources of funding – short and long term. This will be an ongoing annual process and driven by: <ul style="list-style-type: none"> planned capital improvements (e.g. through the Council's Capital Programme); opportunistic funding (e.g. new initiatives by the Scottish Executive, sportscotland etc.) to which the Council can respond quickly as it has a clear view of what it is trying to achieve and a strategy in place to do so; Existing grant aid capital sources; Planning gain from new housing developments; Other partnership funding. 			
Lobby and pursue the development of sports facilities of national and regional importance within West Lothian			
Undertake a feasibility into the development options for a new swimming pool for Bathgate			
Ensure no decision on the disposal of land to the south of West Calder High is taken until the options for a sports hall on the site have been fully considered			
Agree sports and participation outcomes required as a result of local and national strategies and set PIs and monitoring procedures to evaluate the success of achieving these outcomes			
Undertake a feasibility for a specialist Performance Centre for Gymnastics and the option for the future of the Craigs Willow Centre			
Work with the Hockey clubs to resolve the current lack of social facilities for the clubs			
Ensure adequate sums are budgeted for the upkeep and maintenance of existing and new facilities			

Undertake an asset review of the existing indoor sport facilities, identifying medium and long term refurbishment, renewal and replacement requirements			
Provide an additional staff resource to oversee the implementation and development of the strategy actions			