







Project 	Stepping over the sidelines	Partner	
		Year	2019



Purpose 	<p>The Golden Plains Shire engaged the Centre for Sport and Social Impact (CSSI) at La Trobe University to explore the opportunities for developing a parent engagement model for community based junior sport clubs.</p> <p>The model would aim to support parents in the club environment to 'step over the sidelines' and move from watching their children play sport to action. This action could include:</p> <ol style="list-style-type: none"> 1. Building parents' capacity to be more physically active in general 2. Building parents' capacity to play sport with their child at the club 3. Building parents' capacity to play sport with their child at home 4. Building parents' capacity to volunteer at the club in various roles and tasks
Method 	<p>The research took a community-based approach using mixed methods to collect data from community sport clubs and parents across three phases: An exploratory phase to identify barriers and facilitators to parent engagement; a testing ideas phase to gather feedback on the potential solutions; and a refining phase to condense data gathered and develop a final solution.</p>
Application 	<p>There were five core elements identified that could support better club and parent engagement. The first four align naturally to the four domains of physical literacy as described by Sport Australia (physical, social, psychological, and cognitive), and the fifth and final element was around the structure of the club:</p> <ol style="list-style-type: none"> 1. The social environment of the club 2. The knowledge of parents around the sport and of the needs of the club, and the knowledge of clubs on how to best engage parents 3. The confidence of parents to engage with the club and their children in sport 4. The physical ability of parents to engage with the club and their children in sport 5. The structure and processes of parent involvement with clubs and of volunteering <p>The research provided Golden Plains with a potential design for a club toolkit that contained resources and activities to support clubs to better engage their parent cohorts by addressing these five elements.</p>