

## MULTI-SPORT

Multi-disciplinary modules for a healthy, safe and comprehensive approach to sport  
(Project number: 590508-EPP-1-2017-1IT-SPO-SSCP)

# FINAL REPORT AND POLICY RECOMMENDATIONS

### Italian partners



### European partners



### Technical support



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Castelnovo nè Monti, 17/06/2019)

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## 1. The MULTI-SPORT project

### 1.1 The objectives of the projects

MULTI-SPORT- Multi-disciplinary modules for a healthy, safe and comprehensive approach to sport is financed by the Erasmus+ Sport European program. The project leader is the Municipality of Castelnuovo ne' Monti. Five partners are involved in the MULTI-SPORT partnership: Polisportiva Quadrifoglio and L.G. Competition from Italy; the Municipality of Ampelokipi-Menemeni and the Northern Greece Physical Educational Teachers Association from Greece; and Rijeka Sports Association for Persons with disabilities from Croatia.

The MULTI-SPORT main objective is to promote an adequate approach to the basic motor activity of 5-7 year old children through an integrated action system managed through the activation of effective synergies between local institutions, sports associations, volunteers, schools, doctors and families.

The project pursues the following specific objectives: (i) to encourage education in and through sport with special focus on skills development; (ii) to encourage preventive actions to protect athletes, especially the youngest ones, from the risks associated with health and safety.

### 1.2 The partnership

**COMUNE DI CASTELNOVO NE' MONTI** (Coordinator). The Municipality of Castelnuovo ne' Monti brings its experience in the promotion of a physically active lifestyle, developed in years of collaboration with relevant local actors, such as the Sanitary District, other local municipalities and the National Park of Tosco-Emiliano Apennine. It has worked in order to educate and stimulate behavioral changes aiming at creating a new culture to promote physical and sport activity among people of all ages and of all social groups. It has also created important networks involving all local stakeholders: schools, associations, gyms, institutions, etc.

**POLISPORTIVA QUADRIFOGLIO ASD.** Polisportiva Quadrifoglio asd is a sport association created in 2015 from the collaboration of five local sport association, each focused on a specific discipline: Onda della Pietra (swimming), Atletica Castelnuovo ne' Monti (athletics), Atletico

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Montagna (soccer), I Falchi di Matilde (rugby), Appennino Volley Team (volley). These 5 sport clubs have decided to join their efforts with the aim to provide more effective services to the local community. They have developed virtuous synergies internally but also with the Municipality of Castelnovo ne' Monti and with other local sport associations (as LG Competition).

**ASD LG COMPETITION CASTELNOVO NE' MONTI.** LG Competition is a sport association created in 1996 with the aim to promote basketball practice and to spread its values among children, families and citizens. It is an important point of reference for the local and regional territory. Its main activities are: Silver Regional C series team (males), under 20, under 16, under 13, mini-basket, basket initiation in several neighboring municipalities. LG competition has developed important synergies with the Municipality of Castelnovo ne' Monti and with other local sport clubs, including Polisportiva Quadrifoglio.

**MUNICIPALITY OF AMPELOKIPI-MENEMENI.** The Municipality of Ampelokipi – Menemeni, with headquarters in Ampelokipi, was the result of the union of the Municipalities, a. of Ampelokipi, and b. of Menemeni, according to article 1 of L.3852/4.6.2010 (GG 87A/7-6-2010) “New Architecture for Self-government and Decentralised Management – Kallikratis Program”. Under those provisions, the Municipality consists of two Municipal Communities, the Municipal Community of Ampelokipi and the Municipal Community of Menemeni. Geographically, it belongs to the Decentralised Administration of Macedonia and Thrace (prefecture of Thessaloniki) and occupies the northwestern side of the Thessaloniki Conurbation.

**NORTHERN GREECE PHYSICAL EDUCATION TEACHERS' ASSOCIATION (E.G.V.E.).** The Northern Greece Physical Education Teachers' Association (E.G.V.E.), founded in 1954, is both a professional and a scientific representative of all Physical Education aspects in Greece and it attributes to more than 9.000 members. Also there is a number of more than a hundred and fifty (150) volunteers in its arsenal, who offer their work whenever is needed. It is the only official bearer of education and information for the Physical Education graduates in Macedonia and Thrace, extending its activities all over Greece and Cyprus.

**RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES.** Rijeka sports association for persons with disabilities was founded in Rijeka in 1983. It was founded with a primal goal to promote sports among young people especially among those with various types of

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disabilities in order to improve their lives and support their social inclusion. The Association has in fact a mission to integrate people with disabilities in society through sports, and to give a contribution to equal rights of all citizens and prevent social exclusion of people with disabilities.

### 1.3 The strategy

The MULTI-SPORT project aims to promote volunteering, social inclusion, equal opportunities and awareness through an increased participation and an appropriate approach to the sport. Moreover, the project intended to develop a public-private networking strategy acting at Local and European level that enhances motor skills development to: (i) encourage education in and through sport with special focus on skills development and (ii) encourage preventive actions to protect athletes, especially the youngest ones, from the risks associated with health and safety.

In particular, MULTI-SPORT has created an European network promoting multi-disciplinary modules for a healthy, safe and comprehensive approach to sport through the development of public-private synergies. The project was developed through the involvement of the 3 local communities (Italy, Greece, Croatia), that has been engaged in different phases. Partner municipalities and associations have studied, shared and stimulated the engagement of teachers, educators, families, etc. both in the needs analysis and design of the practices and in their implementation (during and after the project). Involving the communities, project partners (PPs) have also had the opportunity to attract more people as volunteers in the associations. Partner associations in fact implement their activities thanks to volunteers and their role has been enhanced during the project. The project wants to have an educational purpose not only for 5-7-years-old children, but to stimulate the whole community to increase social and civic participation, to raise awareness on positive values (solidarity, sense of belonging, etc.) and to promote health-enhancing lifestyles.

### 1.4 The activities and output

The main activities and output of the project foreseen in the MULTI-SPORT Methodology have been:

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- Each territory (Castelnuovo ne' Monti, Thessaloniki and Rijeka ) has analyzed the local MULTI-SPORT practice: collecting material, involving expert and producing a Report about their own best practices;
- The three best practices were presented during the Kick-Off Conference in May 2018 in Italy.
- In each territory, PPs created a local Focus Group (representatives of sport clubs, teachers, parents, doctors, psychologists, etc.) and involved it to analyze local needs and practices for a healthy, safe and comprehensive sport initiation of 5-7-years-old children. The Focus Group was the occasion to discuss and share the main project topics (public-private cooperation; link between sports, health, education, social inclusion; the role of volunteering; motor skills development through multi-purpose and pre-specialized games)
- Each territory has hosted a Study-Visit (3 Study visits in total) to develop relations and networking, further improving their local practices through confrontation and exchange. Direct observation of good local practice in each Country aims at encouraging greater comparisons between partners at different levels. During the visits, the partners visited the facilities where sports activities take place and had the chance to get in contact with people who really participate in these activities, including volunteers, members of sports associations, etc.
- Each territory has produced the following : (i) a Report about the local best practice; (ii) the minutes of the Focus-Group; (iii) the minutes of the Study Visit; (iv) ideas to develop their own best practice.

### 1.5 The beneficiaries

The main project beneficiaries are public entities, sport associations, volunteering and stakeholders interested to the project. Participants have improved their knowledge, capacities and practices to be implemented. They have strengthened their relations and collaboration. They have reinforced their role at local level.

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## 2. Lessons learnt from MULTI-SPORT project

### 2.1 The Italian Focus Group and the Study visits

The aim of the Italian Focus group was to discuss strengths and weaknesses of local practices in relation to sport activities of children aged 5-7 in different sports and the evaluation of possible further developments.

The Italian Focus group involved a very qualified group representing the territorial system. In particular, during the Focus Group meetings there was a total participation of 25 people representing the various souls of the local system (Representatives of local sports societies; technical-health professions - sports medicine doctors, psychologists, pediatricians; experts of motor sciences, representatives of local schools - manager, teacher of physical education, representatives of parents, representatives of sports associations and federations, and others)<sup>1</sup>. The Focus Group was involved in three meetings held in Castelnuovo ne' Monti in the first part of 2018 (26/03/2018; 9/04/2018; 14/05/2018) with the following purposes:

- Presentation of the project financed by the Erasmus+ Sport Programme; presentation of participants; exchange of information about different experiences linked to the MULTI-SPORT topics.

<sup>1</sup> Members of the Italian Multi-Sport Focus Group: **Silvio Bertucci**, Assessore allo Sport del Comune di Castelnuovo né Monti, **Marialuisa Battistessa**, Istruttore Amministrativo del Servizio Promozione del Territorio, Sport e Turismo del Comune di Castelnuovo né Monti, **Monia Malvolti**, Istruttore Direttivo Comune Castelnuovo ne' Monti - Servizio Promozione del Territorio Sport e Turismo del Comune di Castelnuovo né Monti, **Giovanni Bursi**, Sociologo, e **Alice Toni**, Esperto di fondi europei della società Aretès (facilitatori del Focus Group), **Iacopo Fiorentini**, Presidente Polisportiva Quadrifoglio, **Roberto Zanini**, Rappresentante Polisportiva Quadrifoglio, **Luca Baccarani**, Presidente A.S.D. L.G. Competition, **Fabrizio Bedeschi**, Rappresentante A.S.D. L.G. Competition, **Iris Guazzetti**, Psicologa, **Marco Manfredi**, Medico, Pediatra, **Mattia Rivi**, Laureato in Scienze Motorie (Progetto Montagna), **Federica Ghelfi**, Laureata in Scienze Motorie (Onda della Pietra), **Maria Azzolini**, Rappresentante di Atletica Castelnuovo Monti, Dirigente Istituto Comprensivo Bismantova Scuola Primaria, **Maria Rosa Boni**, Insegnante Istituto Comprensivo Bismantova - Scuola Primaria, **Ivano Bianchi**, genitore, **Ivano Bianchi**, genitore Scuola Primaria Giovanni XXIII, **Daniele Orlandini**, Istruttore A.S.D. Progetto Montagna, **Duccio Marconi**, Consigliere di Circolo Tennis Appennino Reggiano, **Franco Castagnetti**, Libero professionista, collaboratore di progetti sportivi in genere, **Monica Giovanelli**, Rappresentante di Olimpia Fitness e Dirigente scolastico IIS Mandela, **Jessica Ferrari**, Funzionario Unione Montana - Servizio Sociale ed Educativo, **Ivano Prandi**, Delegato provinciale C.O.N.I., **Giovanni Iori**, Staff Tecnico C.O.N.I., **Giovanni Biondi**, Esperto in motoria rugby (Polisportiva Quadrifoglio), **Francesco Zappettini**, Libero professionista, incarico come coordinatore area minori e servizio psico-pedagogico Unione Montana, **Gianni Zobbi**, Responsabile del Centro di Medicina Sportiva, **Stefano Fornasari**, Responsabile Tecnico Appennino Volley Team, **Alma Zanni**, Presidente FA.CE. Sezione Castelnuovo ne' Monti.

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- Administration of a questionnaire with 4 closed questions (participants had to put answers in order of preference and provide a written justification of their choice).
- Presentation of a first draft of Report on the MULTI-SPORT good practice; discussion and exchange of opinions; collection of suggestions, integrations and modifications.

In particular, during the second meeting, a moment of research was organized, managed with the NGT methodology (Nominal Group Technique). A questionnaire containing 4 closed-ended questions was distributed and participants were asked to respond by indicating their preferences in order of priority. During the activity, 19 people answered the questions. These answers were elaborated by assigning a score to each answer (using the Likert 1-3 attitude scales as a reference; 1-4; 1-5) and produced quantitative assessments used to qualify the MULTI-SPORT good practice narrative.

From an operative point of view, the Italian Focus group shared and produced a report/presentation of the MULTI-SPORT local best practice and, at the same time, discussed and defined lesson learnt from the visit of the Greek and Croatian best practices.

The description and the main content of the Italian experience are available in the report “The Multi-Sport good practice of the Municipality of Castelnovo ne' Monti” and in the slides/presentation with same title. The Italian territory presented the best practice shared during the Focus Group at the II meeting of the Steering Committee on May 23rd 2018 and in the public conference held in Castelnovo nè Monti (Italy) on May 24rd / 2018.

Among the main elements of the Italian experience are the following:

- **Promote psycho-physical well-being through a multidisciplinary approach.** It is necessary to develop a pro-positive vision of motor activity that should therefore become a 'normal' daily activity, a family habit, a lifestyle to be acquired and made to become one's own.
- **Identify a solid system of technical and functional values.** The MULTI-SPORT approach must balance technical values connected to the specialization of motor activity (precision, concentration, tenacity, courage, ...) and social values, linked to the relational dimension of motor activity (inclusion, responsibility, and other).

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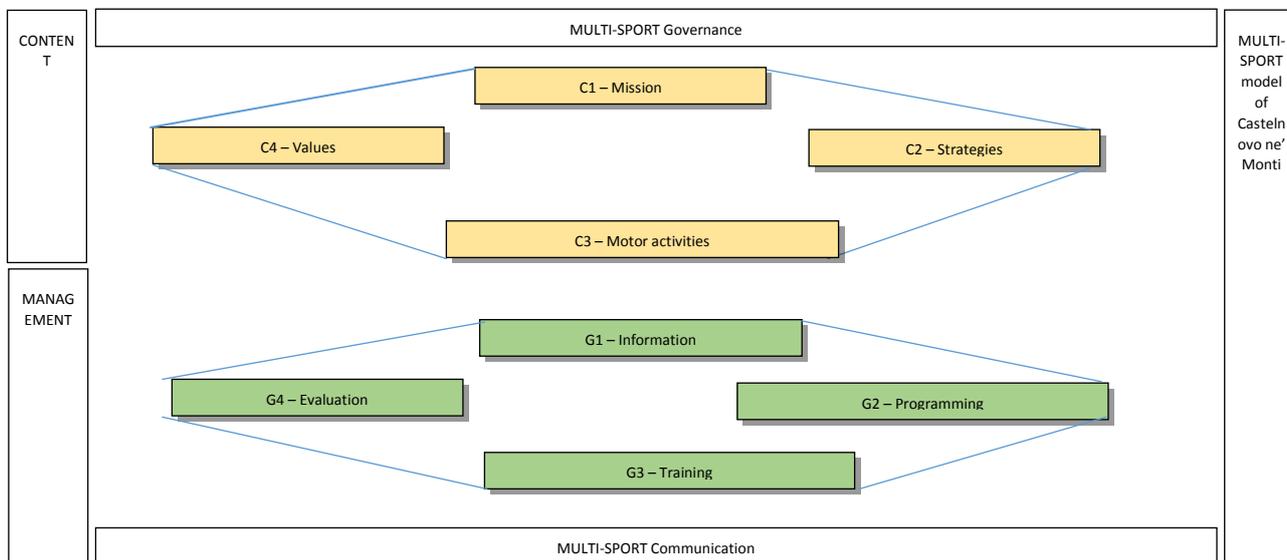
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- **Content and Management Method (CM).** This method is used to analyze and describe the MULTI-SPORT good practice of Castelnovo ne 'Monti:



- **Decalogue for a quality motor activity.** Common standards are needed to create a common knowledge and background and a simple and shared tool (the Decalogue) is needed to raise awareness and directly provide "basic practical advice" (standard) on physical activity and related topics (e.g. food, socialization, ...).
- **Motor activities and health promotion.** It is important to promote the evaluation of the athlete and in particular. (i) Electrocardiogram to all children with a visit to those with suspicious ECG (family pathology); (ii) creation of a supportive healthcare team consisting of: cardiologist / sports doctor, dietician, physiatrist, psychologist.
- **Building an information and assessment system for the Governance of the policy and for the communication strategy.** We need an information system that provides clear and functional information on the socio-cultural, demographic and physical situation of the population and, above all, of the children. There is information and research, but little is used.
- **Research on families and children.** MULTI-SPORT should also include the realization of a research activity that involves families with 5-7 year-old children to gather information

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about the use of sporting activities offered by the territory, in order to have useful data and suggestions available by those directly involved.

- **The first 3 actions to put on the track.** From what emerged during the focus, the first three actions could be: (i) Agreements to encourage the entry of sports associations into schools; (ii) Moments of dialogue on physical education between sports associations and families; (iii) Training courses on physical activity for Coaches.

The Italian delegation participated to the study visits held in Greece (24-25/10/2018) and in Croatia (27-28/11/18). The “Study visits in Greece and Croatia” Report, produced by the Italian Multi-SPORT partners, contains lessons learnt from the European experience. Here below the main ideas and lessons learnt:

- **Method.** The importance of sport for psycho-physical well-being and, above all, the importance of performing multidisciplinary motor activities.
- **Quality Skills.** The importance of having qualified personnel in physical education.
- **Public fund.** The importance of the presence of the State in guaranteeing financial resources also for having high-level and multi-purpose sports facilities.
- **Programming.** The importance of having adequate physical education programs and, at the same time, of having a correct planning, implementation and control strategy to guarantee the quality of the activity aimed at children
- **Inclusion.** Access to sport for all as an element of social inclusion, including the disabled.

## 2.2 The Greek Focus Group and the Study visits

The aim of the Greek Focus group was to discuss the strengths and weaknesses of local practices in relation to sporting activities of children aged 5-7 with various sports and to evaluate possible further developments.

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The Greek Focus group involved a very qualified group composed by 25 people representing local authorities, local and regional sport associations, local schools (school managers, teachers, etc.) and experts (technical advisers, coaches, etc.).<sup>2</sup>

It concluded in three meetings (14/03/2018; 27/03/2018; 16/05/2018) held in the townhall of the Municipality of Ampelokipi – Menemeni.

From an operative point of view, the Greek Focus group shared and produced a report/presentation of the MULTI-SPORT local best practice and, at the same time, discussed and defined knowledge learned incorporated the Italian and Croatian best practices.

The description and the main content of the Greek experience are presented in the “Greece good practice report” and in the “MULTI-SPORT: Municipality of Ampelokipi – Menemeni and Northern Greece physical education teachers’ association” slide/presentation. The Greek territory presented

<sup>2</sup> Members of the Greek Multi-Sport Focus Group: **Poursanidis Triantafillos**, Vice Mayor of Sport in the Municipality of Ampelokipi – Menemeni, football notable. **Ioannidis Manolis**, teacher of physical education in secondary education, football coach and member of the city council in the Municipality of Ampelokipi – Menemeni. **Rousseti Magdalini**, Head of Directorate of Social Policy, Education, Sport and Culture in the Municipality of Ampelokipi – Menemeni (Local Project Coordinator), Rhythmic Gymnastics coach. **Charisi Afroditi**, Employee of the Department of Sports in the Municipality of Ampelokipi – Menemeni. **Tsintzikloglou Theodoros**, Employee of the Department of Sports in the Municipality of Ampelokipi – Menemeni. **Zagoras Grigorios**, track and field coach, Employee of the Department of Sports of the Municipality of Ampelokipi – Menemeni. **Papageorgiou Athanasios**, Head chairman of the Northern Greece Physical Educational Teachers Association, track and field events coach (project MULTI-SPORT manager), and general secretary of the Municipality of Ampelokipi – Menemeni. **Bebetsos Georgios**, Vice President of Northern Greece Physical Educational Teachers Association, handball notable. **Parisopoulos Georgios**, basketball coach, general secretary of the Northern Greece Physical Educational Teachers Association. **Smaga Soutana**, second Vice President of Northern Greece Physical Educational Teachers Association, teacher of physical education in primary education, teacher and coach of disabled people with disabilities. **Meimaridis Ioannis**, teacher of physical education in primary education, handball notable. **Anagnostaras Konstantinos**, swimming coach. **Filaktos Athanasios**, basketball coach. **Patsakas Georgios**, teacher of physical education in primary education, track and field events coach. **Thomaidis Vaggelis**, technical adviser of the football club Asteras Ampelokipon. **Talampiris Aggelos**, responsible for the women's volleyball division in the basketball and volleyball club Elpida Ampelokipon. **Xantidou Despina**, responsible for the men's basketball division of the basketball and volleyball club Elpida Ampelokipon. **Lala Anna**, President of the rhythmic and gymnastics club, “Diagoras Ampelokipon”. **Zachariadou Martha**, Member of the Gymnastics Federation of Greece and Vice Present of the rhythmic and gymnastics club “Diagoras Ampelokipon”.

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the best practices shared during the Focus Group at the II Steering Committee meeting and in the public seminar held in Castelnovo né Monti (Italy) on May 23<sup>rd</sup> - 24<sup>th</sup>, 2018.

Among the main elements of the Greek experience are the following:

- **Public and private have a different and integrated sport approach.** The sport clubs have created the so-called “academies” where children discover sports they are interested in, get trained and entertained. They also choose and classify children as they grow, according to their abilities; they specialize in a sport, resulting to drive some in discontinuance of the activities. Instead, in Municipalities’ programs, children participate for as long as they want, without the fear of failure and the stress of high performance and victory.
- **The school has a focus role in the sport education approach.** The school is also the basis for the development of the children's motor skills starting in the first grades of the primary school; there are weekly programs of 3 hours of physical education in the first 4 grades and 2 hours in the next 2.
- **Links among school, clubs and local government,** should be strengthened off while clubs want to help Schools spreading some sports, they need a specific license from the Ministry of Education to enter schools during classes while bureaucracy prevails. Accordingly, the Municipalities themselves or in cooperation with local clubs regularly organize various events, but children come alone with their parents without the collectivity offered by the School. This difficulty is a disadvantage in the diffusion and development of the various sports and therefore general motor skills.
- **It’s to promote and valorize the local network of sport associations.** Members of the team representing various organizations should be given an opportunity to improve the relations between the associations and the municipality, as well as with Schools. There are many clubs in the Municipality and everyone should work together to increase the number of children trained at this age, but also to stay close to the sports
- **The “physical education graduates” with experience and competence have a strategic role in the sport education.** Graduate teachers of physical education provide

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sports education, at the sensitive age of 5-7 years and later on. In Municipalities and Schools, employees are exclusively graduates of Physical Education, while in clubs you can also find, in a small percentage non-graduate, mostly old athletes. Physical Education Graduates are trained scientists, were taught courses in different sciences (sports medicine, ergo physiology, ergometry, sports training, pedagogy, history of sport, psychology, kinetic learning, sociology, physiotherapy etc.), and form a great advantage in the integrated education of small children in the initial stages of their engagement in sports. Their role is to inspire children, to set up concrete bases so that children later on will continue to engage in general life-long activities.

The Greek delegation participated in the study visits held in Italy (23-24/05/2018) and in Croatia (27-28/11/18). The main ideas and lessons learned were:

- **Territorial synergy.** Public and private synergy possesses positive effects on people and in the local community.
- **Method.** The multidisciplinary approach to sports programs is a method that ensures a safe and healthy participation for the athletes.
- **Quality skills.** To have physical education graduates run the courses and perform appropriate approach teaching methods with the aim to ensure the health and safety of children and to promote the appropriate leading to sport results.
- **Quantity.** To increase the hours of physical education in Schools with the aim of ensuring the health and safety of children and of promoting an appropriate approach to the sport results.

### 2.3 The Croatian Focus Group and the Study visits

The aim of the Croatian Focus group was to discuss the strengths and weaknesses of local practices in relation to sporting activities of children aged 5-7 with various sports and the evaluation of possible further developments giving particularly attention to the people and kids with disabilities.

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The Croatian Focus group involved a very qualified group composed by 30 people representing local authorities, sport associations, schools, experts, people with disabilities and parents of people with disabilities.<sup>3</sup>

In particular, participants of the three meetings (30.5.2018; 4.9.2018; 6.9.2018) of the Focus Group held in Rijeka were: Coaches, Representatives of sport Federations, Experts in motor skills, Teachers, Athletes with disabilities, Representatives of families, Physiotherapist, Doctors,

<sup>3</sup> Members of the Croatian Multi-Sport Focus Group: **Miljenko Mišljenović**, President of the Rijeka Sports Association for Persons with Disabilities, president of the Rijeka Association of Persons with Cerebral Palsy and Polio. **Luka Dobrović**, Secretary of the Rijeka Sports Association for Persons with Disabilities. **Zvonimir Brozić**, trainer in the Rijeka Sports Association for Persons with Disabilities, president of Athletic club „SRCE“ for persons with disabilities. **Jasminka Hržić-Grubelić**, physiotherapist, expert teacher in the Medical High School in Rijeka, associate of the Rijeka Sports Association for Persons with Disabilities in organizing the volunteer service. **Ismeta Odobašić**, President of the Association for Sports Recreation of Persons with Disabilities Rijeka. **Igor Crnčan**, employee of of the Rijeka Sports Association for Persons with Disabilities. **Martina Čemeljić**, employee of the Rijeka Sports Association for Persons with Disabilities. **Mirta Zekanović**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the table tennis club for persons with disabilities Rijeka. **Snježana Štimac**, kinesiologist-defectologist at the Rijeka Center for Education and Upbringing. **Ilona Koval Grubišić**, trainer at the Rijeka Sports Association for Persons with Disabilities. **Jasna Lulić Drenjak**, kinesiologist, president of the swimming club for persons with disabilities Forca. **Milka Mačković**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the Association for Sports Recreation of Persons with Disabilities Rijeka. **Dennis Jakus**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the swimming club for persons with disabilities, Forca, member of the boccia club for persons with disabilities PULAC. **Zlatko Vučenović**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the Sports Club of Blind Persons Rijeka. **Lea Lučić**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the Sports Club of Blind Persons Rijeka. **Roberta Lučić**, member of the Sports Club of Blind Persons Rijeka. **Larisa Draščić Šarinić**, employee of the Rijeka Sports Association for Persons with Disabilities. **Tatjana Udović**, employee of the Rijeka Sports Association for Persons with Disabilities. **Jovica Ivančević**, employee of the Rijeka Sports Association for Persons with Disabilities, of the swimming club for persons with disabilities Forca, secretary of the swimming club for persons with disabilities Forca. **Ljiljana Lazarević**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the Rijeka Sports Association of Deaf Persons. **Leonard Pektor**, employee of the Rijeka Sports Association for Persons with Disabilities. **Božana Mrvoš**, employee of the Rijeka Sports Association for Persons with Disabilities. **Jasna Brletić**, employee of the Rijeka Sports Association for Persons with Disabilities. **Jozo Kanižai**, employee of the Rijeka Sports Association for Persons with Disabilities. **Vesna Težak**, employee of the Rijeka Sports Association for Persons with Disabilities. **Shiraz Houran**, employee of the Rijeka Sports Association for Persons with Disabilities, member of the Rijeka Association of Persons with Cerebral Palsy and Polio, member of the Association for Sports Recreation of Persons with Disabilities Rijeka. **Đeni Bon Dežulović**, employee of the Rijeka Sports Association for Persons with Disabilities. **Ramče Perivančić**, employee of the Rijeka Sports Association for Persons with Disabilities. **Antonija Frlan**, employee of the Rijeka Sports Association for Persons with Disabilities. **Robert Anđelković**, employee of the Rijeka Sports Association for Persons with Disabilities.

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Employees of the Rijeka Sports Association for Persons with Disabilities, other stakeholders interested in the project topics.

From an operative point of view, the Croatian Focus group had shared and produced a report/presentation of the MULTI-SPORT local best practice and, at the same time, discussed and defined about lesson learnt from the visit of the Italian and Greek best practices.

The description and the main content of the Croatian experience are contained in the Report “*Sports for Persons with Disabilities*” and into the slides presented during the II Steering Committee and the public seminar held in Italy on May 23<sup>rd</sup> - 24<sup>th</sup>, 2018.

Among the main elements of the Croatian experience are the following:

- **Sports for Persons with Disabilities.** It is of great importance that persons with disabilities get into some sporting activities, since that will influence their quality of life, socialization, self-confidence, motor skills, physical state, and this will in turn alleviate everyday barriers the person encounters.
- **Children with Difficulties get into Sports.** When these children are included in sporting activities, it builds their physical and intellectual abilities as well. For children with developmental difficulties, sport is a form of work and physical therapy. By exercising, they improve their physical and psychological state and also form new friendships, working habits and develop their capacity for cooperation.
- **Connecting Kindergartens, Daycare Centres and Schools with Sports Clubs.** Importance of inclusion of kindergartens, daycare centres, schools and the public in general into sports is significant, so that more and more children could start doing sports at as early an age as possible, thus contributing with their participation, but also developing their motor and social skills.
- **Early Diagnosis.** Well-timed and accurate diagnosis gives a possibility of implementing the so-called early intervention. Early intervention means the use of alternative models and ways of providing help and support that aim at enabling growth, progress and improvement on the current abilities of the child, reach his/her full potential.

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- **Promoting Sports of Persons with Disabilities in the Media.** This should be especially emphasized since it is through the media that greater number of people get information about the activities of athletes with disabilities. In this way the public can get to know not just about their success in sports, but also the barriers and hardship they deal with every day, and ways in which they surpass them. Among other things, it is through media coverage that sports clubs can have an increase of membership, thus improving their socialization and leading to progress in the society as a whole.

The Croatian delegation participated to the study visits held in Italy (23-24/05/2018) and in Greece (24-25/10/2018). The “Study visits Report”, produced by the Croatian MULTI-SPORT partners, contains the whole lessons learnt from the European experience. Here following it is possible to find the main ideas and lessons learnt emerged:

- **Needs.** It is important to encourage the participation of teachers, caregivers, families etc., both during the analysis of the needs part, the shaping of practices and in the implementation stage.
- **Local and European networking.** Develop both public and private strategies of networking, on local and European levels, so as to assist in improving motor skills and education through sports, with special emphasis on skills development and preventive measures aimed to protecting athletes, especially younger ones, from injuries and health risks.
- **Technical factors.** The main technical factors are: (i) the role of sports in personal development and physical and mental well-being; (ii) importance of appropriate physical education programs; (iii) development of basic skills as foundation for getting into any sport.
- **Social factors.** The main social factors are: (i) health – increasing physical activity; (ii) equal approach to sports for everybody and social inclusion as a result of it; (iii) spreading of positive principles and values such as: solidarity, respect, fair play, sense of belonging etc.; (iv) strengthening the role of volunteers in this sector.

#### Italian partners



#### European partners



#### Technical support



# II PART – 5 POLICY RECOMMENDATIONS

## Italian partners



## European partners



## Technical support



## What are the Policy recommendations?

MULTI-SPORT project focused on a very urgent issue: the necessity to pay particular attention to guarantee a healthy, safe and comprehensive sport initiation for 5-7-years-old children and the role that effective public-private synergies can play to promote the fundamental societal role of sport in European societies in terms of health, education and social integration.

Project partners are already active in this field and the project allowed them to make further progress, thanks to further confrontation at local and European level, the exchange of practices and the improvement / enhancement of multi-disciplinary modules for this purpose. The final step of this path was a reflection on lessons learnt to identify the main elements that should be taken into consideration by relevant stakeholders in other local municipalities or at regional, national and European level in order to replicate this experience.

In particular, Policy Recommendations shows the cost-effectiveness of paying more attention on the healthy, safe and comprehensive approach to sport for 5-7-years-old children (lack of physical activities reinforces the occurrence of health problems and has negative social and economic effects) and, in particular, the need to focus on motor skills development, as demonstrated by the activities implemented during the project.

Policy Recommendations have been developed taking into consideration the MULTI-SPORT experience presented in this Final report, but also the EU policies in this sector (White Paper on Sport, the communication “Developing the European Dimension in Sport, the Council’s recommendation on promoting health-enhancing activity across sectors, the Resolution on the EU Work Plan for Sport, etc.) and also the indications contained in the EU Physical Activity Guideline. Many indications are contained into this report and in the official document of the project mentioned in it. Here below the main five ‘strategic’ recommendations to be underlined.

### **PR 1 – To create a local public-private network (Local Focus Group)**

MULTI-SPORT means encouraging an adequate approach to the basic motor activity of 5-7 year old children through an integrated action system managed through the activation of effective synergies between local institutions, sports associations, voluntary associations, schools, doctors and families.

#### Italian partners



#### European partners



#### Technical support



The Italian, Greek and Croatian focus groups involved very qualified people representative of all these worlds. They gave suggestions, ideas and shared a common approach to sport. A public and private network strategy at local level is a methodological practice to spread, multiply and enhance the impact of sport.

MULTI-SPORT recommends creating a multidisciplinary Local Focus Group in each community to connect people and ideas, share best practices and make evaluation report the annual point for each sport team involved. This Local Focus Group will be involved in the initial participation process as well as throughout the operation of the sport teams.

### **PR 2 – To develop an effective local strategy for sports education**

MULTI-SPORT recommends the importance of having adequate physical education programs and, at the same time, of having a correct planning, implementation and control strategy to guarantee the quality of the activity aimed to children.

It is important promoting psychophysical well-being of children identifying indicators of measurement such as: (i) augment of the number of children involved in motor activities at local level; (ii) augment of the number of hours of the offer of motor activities at local level; (iii) improvement of the quality of the offer of motor activities at local level (training for coaches).

It is important to support the planning of the motor activity at local level with an adequate and effective communication and dissemination strategy. Indeed, this could act as a multiplier of the impact potential of the activities. Each partner should be involved and put in a position to provide its own contribution to develop the planned dissemination and communication activities (e.g. through the tools available, such as press releases, contact with journalists, mailing lists, newsletters, websites, social media, networks, mouth to mouth).

### **PR 3 – To promote initiatives to integrate motor activities and health**

Health does not only coincide with the absence of disease, but with a state of complete physical, psychological and social well-being. It is important to promote physical activity and sport to all ages, from the youngest to the oldest, including the disabled, also to promote a correct approach to well-being and health.

#### Italian partners



#### European partners



#### Technical support



MULTI-SPORT recommends promoting the evaluation of the athlete and in particular: (i) creation of a solidarity multidisciplinary health care team composed of: cardiologist / sports doctor, dietician, physiatrist, psychologist; (ii) to promote a more widespread health check for example by proposing an electrocardiogram with a visit for all children with family pathology.

#### **PR 4 – “Let the trained experts lead the way” in the sport education system**

Within the local sports system there are qualified professionals (teachers with a degree in physical education, coaches, experts and other professionals) who must be valued and supported with training plans to promote quality sports education for children of 5- 7 years.

In Municipalities and Schools, sports professionals are exclusively graduates, while in clubs can be found, in a small percentage, non-graduates, mostly 'old athletes' with a lot of experience and expertise. But the trained experts who have been taught courses in different sciences, such as sports medicine, ergonomics, sports training, pedagogy, sports history, psychology, kinetic learning, sociology, physiotherapy, etc., hold a great advantage into the integrated education of young children who are starting to play sports.

MULTI-SPORT recommends involving these figures: their role is to inspire children, to create the right bases so that they can continue to engage in general activities throughout life.

#### **PR 5 – To promote sports of persons with disabilities in the *media***

MULTI-SPORT recommends promoting sports of persons with disabilities in the Media since it is through the media that greater number of people get information about the activities of athletes with disabilities. In this way the public can get to know not just about their success in sports, but also the barriers and hardship they deal with every day, and ways in which they surpass them. Among other things, it is through media coverage that sports clubs can have an increase of membership, thus improving their socialization and leading to progress in the society as a whole.

#### Italian partners



#### European partners



#### Technical support

