

Ararat Sport and Active Recreation Strategy

2026-2036



Traditional Acknowledgement

Ararat Rural City Council acknowledges the Traditional Owners of the land on which we live, work and recreate - the Eastern Maar, Barengi Gadjin (the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia, and Jupagulk peoples of the Wotjobaluk Nations), and Wadawurrung peoples, and recognise their connection to the land and waterways.

We pay our respects to their elders, past, present and emerging, and to all Aboriginal and Torres Strait Islander people.

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Executive Summary

Ararat Rural City Council's Sport and Active Recreation Strategy provides a framework to foster increased participation in physical activity and to guide Council's investment in sport and active recreation over the next 10 years. Supported by four key pillars of places, people, partnerships and processes, the vision for sport and active recreation in the Rural City is: "Ararat Rural City: an active, inclusive and connected community"

Additional principles guide Council's direction. These include:

- Liveable and connected
- Accessible and inclusive
- Equitable
- Sustainable
- Evidence-based
- Multi-purpose and adaptable
- Optimisation
- Collaboration.

By responding to evolving participation trends, i.e. balancing traditional sports such as AFL football, netball, tennis and cricket with active recreation opportunities such as walking, cycling, pilates and swimming, Council seeks to ensure diverse opportunities for all residents. Reducing barriers and increasing participation by under-represented groups such as people with disability, First Nations people, Culturally and Linguistically Diverse (CALD) communities, older adults, women and girls, and those facing socioeconomic disadvantage is also a key focus.

The strategy emphasises the importance of accessible, fit-for-purpose facilities and recognises that achieving these outcomes requires partnerships with clubs, organisations, government agencies, health and private sectors. Supported by extensive community and stakeholder engagement, the strategy identifies key objectives and actions to help Council achieve equity and transparency, which in turn, positions Council to deliver improved places, spaces, and physical activity participation rates across the municipality.



1.0 Introduction

1.1 Purpose of the strategy

The purpose of this strategy is to develop a framework to support Council to best invest its resources to encourage increased participation in sport and active recreation, particularly by people who may experience barriers to participation (i.e. people with a disability; Aboriginal Victorians; culturally and linguistically diverse communities; disengaged young people; LGBTIQ+ people, people aged 60 years and over; women and girls; socioeconomically disadvantaged communities) and those who are currently not sufficiently active to achieve health benefits.

We know that community sport, such as football, netball, tennis and basketball have high levels of participation in the greater Ararat region. At the same time, an increasing number of our community take part in active recreation activities such as walking, cycling, swimming, pilates, bushwalking and going to the gym. This strategy aims to respond to trends in participation and also achieve a balance so that a diversity of sport and active recreation opportunities are available to all members of our community.

This strategy also aims to provide guidance to improve places and spaces where people take part in physical activity to ensure that we have a suite of accessible, inclusive and fit for purpose facilities.

Council cannot achieve increased participation and improved facilities on its own. It is reliant on establishing and maintaining effective relationships with a broad array of partners including clubs / organisations, government agencies, regional and state sporting associations, the health sector and the private sector, and will require additional internal and external resources to deliver desired outcomes. Objectives and actions contained within this strategy are guided by evidence of need to ensure equity and transparency.

1.2 Methodology

In order to prepare the Sport and Active Recreation Strategy, the following activities were undertaken:

- assessment of various plans and documents to understand the strategic directions of Ararat Rural City Council and other key stakeholders such as Sport and Recreation Victoria and State Sporting Associations
- analysis of demographic data and projections
- audit of sport and active recreation facilities to assess condition and identify opportunities for improvements (combination of in person and desk-based assessment)
- assessment of physical activity trends and participation data
- engagement with 335 members of the community through surveys (207), listening posts (81), and children's drawings (47) and written submissions (1)
- engagement with 50 stakeholders (e.g. sports club representatives, State Government representatives, relevant Council staff, community-based organisations, etc).

1.3 Ararat Rural City

Ararat Rural City covers an area of 4,211 square kilometres and is situated on the Western Highway, approximately 198 kilometres west of Melbourne, midway between Ballarat and Horsham. Its main towns are Ararat, Buangor, Elmhurst, Lake Bolac, Mininera, Moyston, Pomonal, Stratham, Tatyoon, Warrack, Westmere, Wickcliffe and Willaura.

For thousands of years, the Djab Wurrung traditional owners were located on much of the land that currently makes up Ararat Rural City. Their rich culture comprised of approximately 4,000 people across some 40 clans.



1 Map of Ararat Rural City. Source: Department of Transport and Planning - VICNAMES: <https://maps.land.vic.gov.au/lasi/VicnamesUI.jsp>

1.4 Sport and active recreation in Ararat Rural City

Ararat Rural City offers residents an enviable rural lifestyle. It features endless opportunities for sport and active recreation in its outdoor settings including hiking in the world-renowned Grampians (located at its doorstep), a wide range of aquatic sports at its various waterways, mountain bike riding in bushland and many other active recreational pursuits. It also features a diversity of sporting facilities and community spaces, providing opportunities for activities such as basketball, yoga, tennis, AFL football, netball, skateboarding, dancing, lawn bowls, croquet, cricket, gymnastics, soccer, horse riding and golf. The total value of playgrounds, cycleways, recreation, leisure and community facilities is in excess of \$50 million¹.

One of Council and the community's largest undertakings in recent years is the upgrade of Gordon Street Recreation Reserve to include female friendly change rooms and social facilities, soccer fields, athletics facilities and a Ninja play course.

1.5 Benefits of sport and active recreation

There are significant benefits that can be achieved by our community through participation in sport and active recreation. From a health and wellbeing perspective, physical activity participation can result in improved physical and mental wellbeing, the development of strong social connections and increased resilience. From an economic perspective, income from events and classes / lessons or sale of sports and recreation goods and services can bring more money into the community and create local employment. From an environmental perspective, participation in outdoor activities can create a greater appreciation of the natural environment and a desire to protect places and spaces for future generations to recreate. The provision of inclusive, accessible and diverse sport and active recreation pursuits also enhances liveability and can play a role in attracting new residents to move to Ararat Rural City to live.

¹ Ararat Rural City Council Asset Plan 2025-35:
<https://www.ararat.vic.gov.au/sites/default/files/2025-10/CM%20Agenda%20251028%20-%20Attachment%203.1.pdf>

Image: West Vic News Pty Ltd





1.6 Challenges facing sport and active recreation in Ararat Rural City

Some of the challenges that impact sport and active recreation in Ararat Rural City now and in the future include:

- Less than one third of adults participating in sufficient physical activity for health benefits
- Accessing enough participants to make some activities viable
- Decline in volunteers to help deliver sport and active recreation opportunities and to maintain facilities
- Cost of participating in and delivering sport and active recreation activities
- Increased community expectations around the quality of facilities and the breadth of opportunities available
- A number of facilities that are under-utilised or surplus to demand, and others that are operating at or near capacity
- Several facilities that are not inclusive
- Ageing infrastructure
- High construction costs of new sport and active recreation infrastructure
- Increased competition for grants
- Keeping up with technology and impact of technology
- Impacts of climate change (including an increasing number of bushfires)
- Tightening of Local Government and State Government budgets
- Limited resources at the Council level to undertake sport and active recreation planning and delivery.

2.0 Sport and active recreation context

The Sport and Active Recreation Strategy is supported by a strong evidence base and aligns closely with the strategic directions contained within State and Local Government plans and visions:



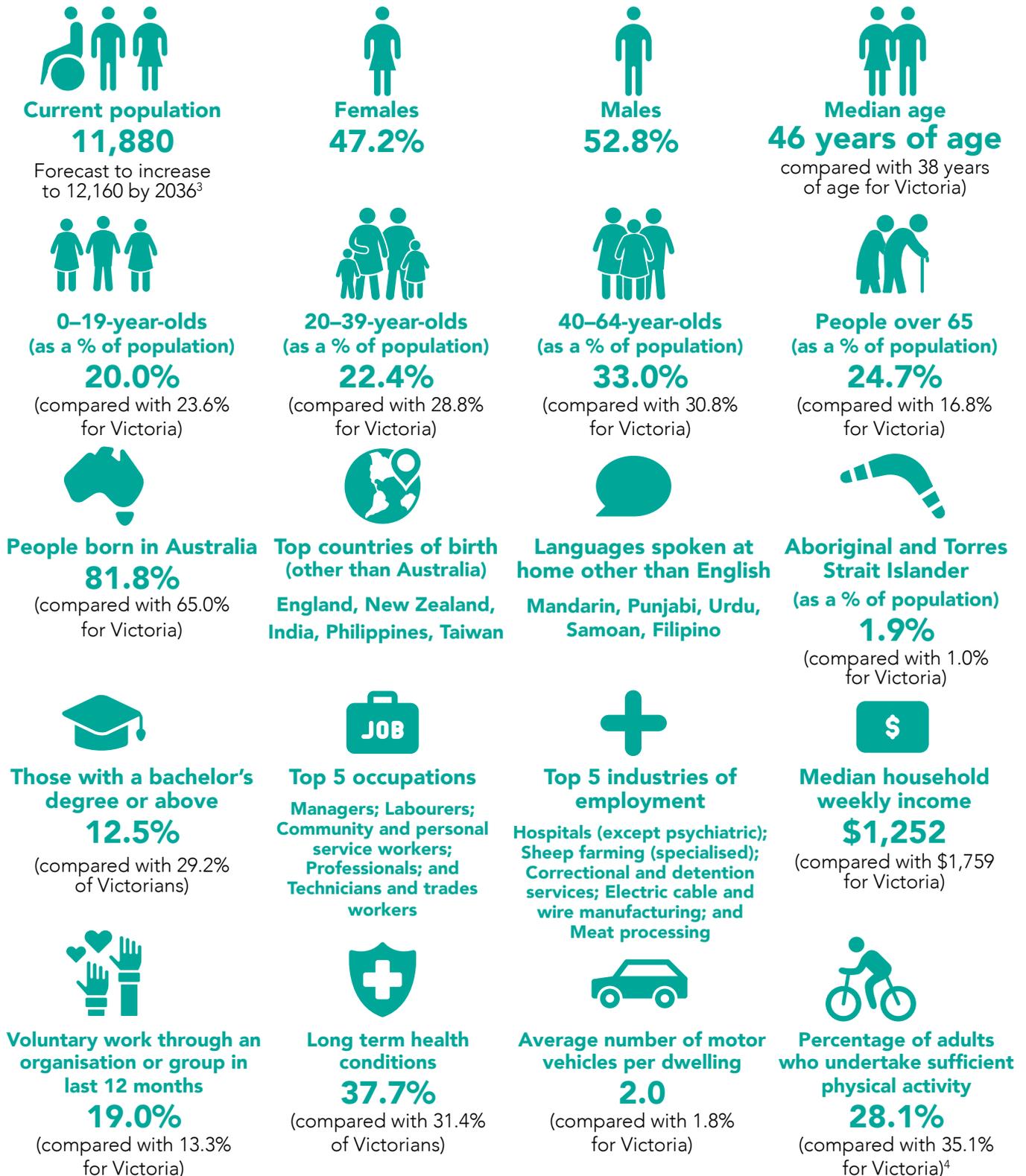
A total of 23 documents were reviewed (a summary is available in the Appendix). Key messages from these documents focused on:

Places	liveable communities, multi-use facilities, safety, equity, facility planning
People	resilience, self-reliance, inclusion, wellbeing, diversity
Partnerships	effective communication, joint-use opportunities, workforce and volunteer capacity
Processes	effective governance, environmental management, compliance with standards and regulations, using data and insights to inform decisions, targeted information, evidence of feasibility and demand.

3.0 Our community

3.1 Ararat Rural City Council residents

The following table provides an overview of the Ararat Rural City community based on the last available Australian Bureau of Statistics Census² from 2021:



² Australian Bureau of Statistics 2021 Census QuickStats (Ararat Rural City Council): <https://www.abs.gov.au/census/find-census-data/quickstats/2021/LGA20260>

³ Department of Planning (2023) Victoria in the Future 2023 Report: <https://www.planning.vic.gov.au/guides-and-resources/Data-spatial-and-insights/discover-and-access-planning-open-data/victoria-in-future>

⁴ Victorian Population Health Survey 2023: <https://vahi.vic.gov.au/reports/victorian-population-health-survey-2023>

4.0 Sport and active recreation participation and trends

4.1 Most popular physical activities in Victoria

In recent years, there has been a shift away from organised sport to more informal recreational activities that can be undertaken in small groups, alone, or at varying times of the day. The following table⁵ shows the most popular physical activities (organised and non-organised) for people 15 years of age and over in Victoria between July 2024 and June 2025 and the most popular activities for children during that time:

Rank	Activity - adults	% of people over 15	Rank	Activity - children	% of children
1	Walking (Recreational)	51.2%	1	Swimming	24.9%
2	Fitness/Gym	31.9%	2	Australian Football	10.9%
3	Running / jogging	17.0%	3	Basketball	10.4%
4	Bush walking	16.0%	4	Football / soccer	10.3%
5	Swimming	12.9%	5	Gymnastics	6.0%
6	Cycling	8.8%	6	Tennis	5.1%
7	Pilates	7.6%	7	Dancing (recreational)	4.3%
8	Basketball	5.9%	8	Netball	4.2%
9	Tennis	5.6%	9	Cricket	4.2%
10	Yoga	5.1%	10	Walking (Recreational)	3.8%

4.2 Sport and active recreation trends

The sport and active recreation landscape is constantly changing. The table below describes some of the trends currently occurring in the industry and within rural Victorian communities which should be considered when planning facilities, programs and services in the future:

People	Places	Processes
<ul style="list-style-type: none"> Increased participation in individual lifestyle activities Growth of female participation in specific sports Participation in growth sport and active recreation activities, e.g. pilates, park run, pickle ball, mountain bike riding. 	<ul style="list-style-type: none"> Liveability Informal play Outdoor fitness equipment Active transport and linkages Safety Climate change Community hubs 	<ul style="list-style-type: none"> Programming Accessibility and inclusion Planning Multi-purpose design and diversity Sustainability Management and maintenance Modified versions of existing sports Technology

⁵ Clearinghouse for Sport. Ausplay Data - Victoria July 2024-June 2025: <https://www.ausport.gov.au/clearinghouse/research/ausplay/results>

5.0 Council's involvement in sport and active recreation

5.1 Council's current role in the planning and delivery of sport and active recreation opportunities

Ararat Rural City Council currently provides a number of sport and active recreation programs, services and facilities as a community benefit. The following tasks are undertaken by staff across several different units:

- **Provision of facilities** – provides a range of places and spaces where physical activity can occur in the community. These places and spaces include formal sports facilities such as ovals and hardcourts, indoor fitness centre, shared trails, swimming pools, parks and playgrounds.
- **Management and maintenance of facilities** – manages and maintains sport and active recreation assets owned by Ararat Rural City Council, including the indoor fitness centre, swimming pools, parks, playgrounds, some shared trails and some sports facilities.
- **Funding** – Council's Community Support Grants Program has a sport and recreation / health and wellbeing stream which enables clubs and organisations to apply for funding for innovative or new projects that increase opportunities for participation in physical activity for all (including women, people with disabilities and juniors). The program does not cover capital building or maintenance costs but regards projects that address inequity highly.
- **Advocacy** – advocates to State and Federal Government and other relevant agencies on behalf of clubs / organisations and the community for improved sport and active recreation facilities, programs or services

that can be added to the project pipeline and reviewed as and when funding becomes available.

The areas where Council provides more limited support compared with many other Victorian Local Government Authorities includes:

- **Strategic planning** – undertakes, facilitates or supports strategic planning for sport and active recreation facilities (e.g. assisting with recreation reserve master plans, play space strategies and trails strategies) and to increase participation in physical activity.
- **Promotion of sport and active recreation opportunities** – provides some promotion of clubs / organisations and sport and active recreation programs and events via Council's promotional tools, e.g. website and social media pages.
- **Club / organisational support** – provides some information and advice to enable clubs / organisations to deliver a diversity of sport and active recreation opportunities in the community. Clubs have specifically highlighted the need for additional support from Council.
- **Partnership development** – consults with relevant groups, organisations and government agencies (e.g. State Sporting Associations and Sports Central) to collaboratively plan for and deliver sport and active recreation opportunities for residents.

Ideally additional resources will be made available so that sport and recreation planning and delivery will be more coordinated and so that clubs / organisations can be better supported.

6.0 Summary of community and stakeholder engagement

A number of community and stakeholder engagement activities were undertaken to help identify sport and active recreation needs within Ararat Rural City. A total of 386 people provided feedback as part of the strategy development:

- 207 community surveys
- 81 people who participated in one of the three community listening posts
- 47 drawings from children
- 16 Club and Community Asset Committee surveys
- 34 people who took part in the 13 key stakeholder meetings
- 1 submission from a community member

Results of this consultation is interspersed within the strategy in the relevant sections. A community engagement report has been prepared to provide further detail of feedback received. In summary, key points raised during consultations include:

- New programs and activities desired include fitness / health and wellbeing activities, water-based activities, modified sports, junior sports, women's sport and less traditional activities

- Need to enhance participation opportunities and tailor design programs for groups who are traditionally underrepresented in sport and active recreation, e.g. Culturally and Linguistically Diverse (CALD) communities
- Need to consider different models of sports delivery, e.g. more flexible, social and casual
- Facility upgrades and developments desired include aquatics, trails, tennis and netball courts, playgrounds, sports court / ground lighting, improved amenities
- Need to improve accessibility and safety of facilities
- Need to enhance support for clubs and organisations that may be challenged with the condition of facilities, declining volunteers, income generation, participation, compliance, etc.
- Need for improved information about sport and active recreation opportunities that are available
- The cost of participating in sport and active recreation is prohibitive for some people.

7.0 Planning framework

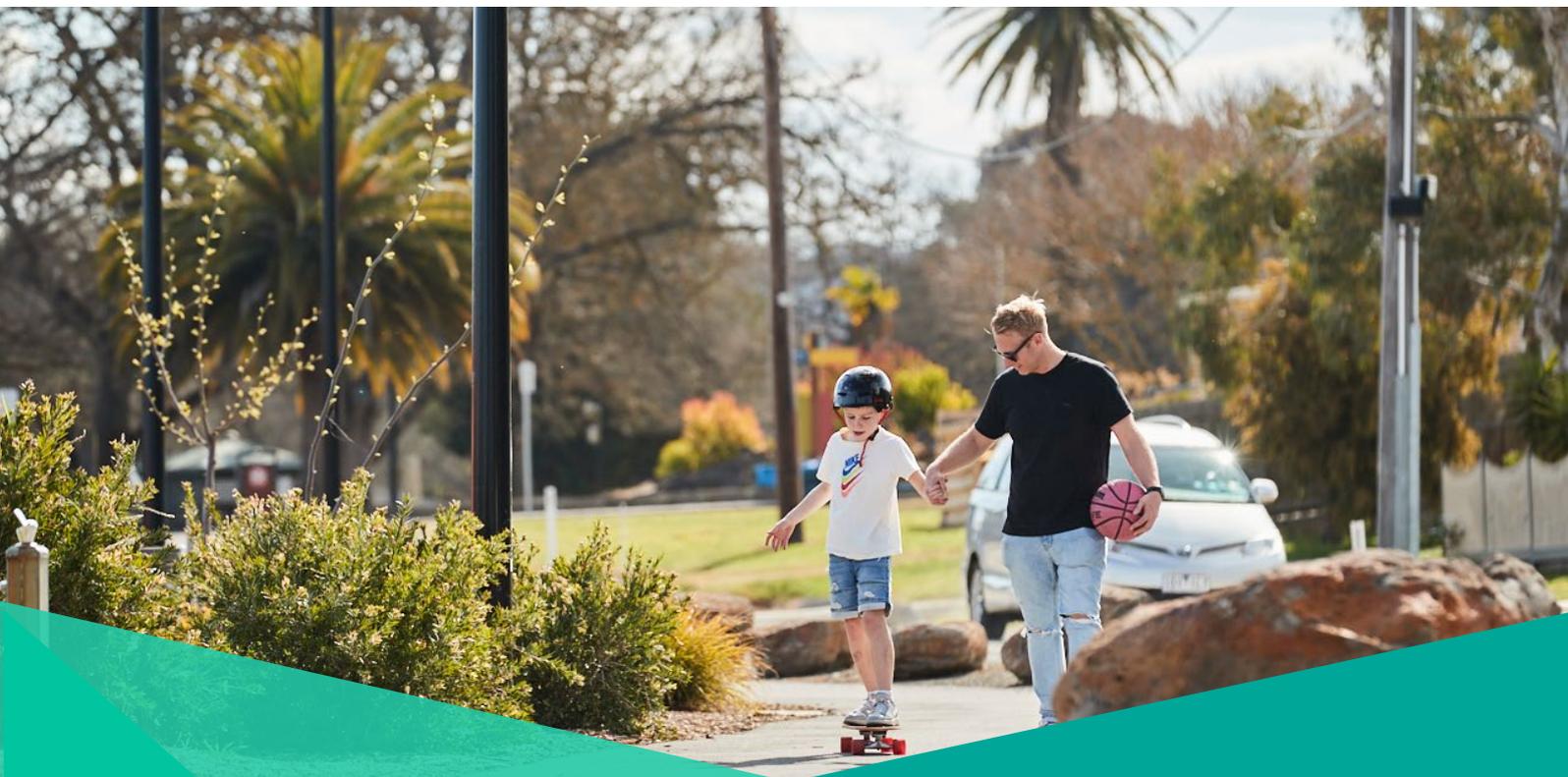
Information gathered in the research and consultation phase of the project identified eight key planning principles to guide the provision of sport and active recreation in Ararat Rural City over the next 10 years. From these planning principles, a vision has been developed. This vision aligns with the direction of Ararat Rural City's Council Plan and Community Vision and Municipal Health and Wellbeing Plan.

Four key pillars have also been identified, each with an objective and several actions. Each of these aspects when combined, provides a framework to inform Council and the broader community of the types of facilities, programs and services Ararat Rural City Council will invest in over the next 10 years to achieve an active, inclusive and connected community.

7.1 Vision

Ararat Rural City Council's vision for sport and active recreation is:

“Ararat Rural City: an active, inclusive and connected community”



7.2 Planning principles

Eight planning principles have been developed to support the vision. Everything Ararat Rural City Council does in the sport and active recreation area will be guided by these principles:

Principle	What it means to us
Liveable and connected	Any proposed facility developments / upgrades, programs or services will help to create a more liveable community, i.e. one where people are socially connected to one other; there is a sense of belonging; the area feels safe; and there is quality infrastructure to support community activities and lifestyles.
Accessible and inclusive	Any facility developments / upgrades, programs or services are designed to increase access for all abilities and be inclusive of everyone regardless of abilities, age, gender, cultural background and socio-economic status.
Equitable	Any facility developments / upgrades, programs or services are designed to ensure: <ul style="list-style-type: none"> • equity of provision across Ararat Rural City (based on the appropriate level of provision for towns and areas, i.e. larger towns with larger catchments are more likely to be able to support facilities, programs or services for more specialised or 'regional level' sport and active recreation activities); and / or • equity for people who may be traditionally disadvantaged (e.g. First Nations people, Culturally and Linguistically Diverse people, people with disabilities, females and older adults).
Sustainable	Any proposed facility developments / upgrades, programs and services will: <ul style="list-style-type: none"> • consider environmentally sustainable design principles and materials as part of their construction or development; and / or • be financially sustainable to develop, operate and maintain wherever possible.
Evidence-based	Any proposed new facility developments or major upgrades will ideally be subjected to a feasibility study and / or business case to demonstrate need and sustainability. Advice should also be sought as part of the evidence base from industry professionals including State Government staff and relevant State Sporting Associations. Further, any new programs or services will be implemented based on evidence of need or evidence of likely benefits to the community, e.g. the increase or maintenance of existing physical activity levels.
Multi-purpose and adaptable	Facilities can be used in multiple ways by more than one group (unless it is a regional level single-purpose facility or a facility that has no option for sharing with others due to specialisation of infrastructure); and / or facilities, programs or services can be adapted to meet changing needs.
Optimisation	Any facility developments / upgrades, programs or services are designed to better use existing facilities, programs or services rather than necessarily developing new ones (unless need is clearly demonstrated).
Collaboration	Wherever possible, facility developments / upgrades, programs and services will be developed in partnership with other organisations to maximise the use of limited resources and to improve outcomes.

7.3 Four Pillars and objectives

The four pillars that this plan focuses on, and their related objectives, are:

 <p>Pillar 1: Places</p>	 <p>Pillar 2: People</p>	 <p>Pillar 3: Partners</p>	 <p>Pillar 4: Processes</p>
<p>To provide a diversity of accessible, inclusive and fit-for-purpose sport and active recreation places and spaces for the community.</p>	<p>To encourage and support increased participation in sport and active recreation by the community.</p>	<p>To work in partnership with clubs, community organisations, state / regional sporting associations, education sector, government agencies and the private sector to facilitate sport and active recreation opportunities for the community.</p>	<p>To develop strategic plans, policies and tools to guide Council's decision making and investment in sport and active recreation</p>

8.0 Pillar 1: Places

To provide a diversity of accessible, inclusive and fit-for-purpose sport and active recreation places and spaces for the community.

8.1 Existing places and spaces

Ararat Rural City Council, Department of Energy, Environment and Climate Action (DEECA), Parks Victoria, Grampians Wimmera Mallee (GWM) Water, Glenelg Hopkins Catchment Management Authority, schools and the private sector provide a diverse range of places and spaces where physical activity occurs within the Ararat Rural City Council region.

Ararat Rural City Council primarily provides sports fields / courts / greens, parks, playgrounds and shared trails, as well as some indoor sports facilities and swimming facilities.

Some local residents utilise facilities in other municipalities (e.g. Stawell Athletics Club

facilities and Beaufort Swimming Pool) and in some instances, people who live in other municipalities utilise facilities within Ararat Rural City, (e.g. the soccer fields at Gordon Street Recreation Reserve in Ararat are used by a Stawell Soccer Club). Residents of Ararat Rural City also use regional level facilities in Ballarat and Horsham for activities and competitions, e.g. aquatics, basketball, hockey, etc.

In addition to formal sporting programs, there are a variety of active recreational programs and activities undertaken in Ararat Rural City Council by community organisations, health organisations and the private sector in halls, indoor stadiums and parks including gym, yoga, strength classes, swimming lessons, personal training and dance and martial arts. There is an opportunity for Ararat Rural City to promote these organisations to help achieve positive health and wellbeing outcomes within the community.



Velodrome	X															
Tennis courts	X	X	X	X		X	X		X	X	X		X	X	X	X
Swimming pool	X					X										X
Squash courts	X					X										
Soccer fields	X															
Skatepark	X															
Racecourse	X															
Playground	X			X	X	X			X	X				X	X	X
Path / trail	X				X	X										
Oval	X	X		X		X	X	X	X	X			X	X	X	X
Outdoor fitness equipment	X					X										X
Indoor sports court	X															
Netball courts	X					X		X	X				X			X
Mountain bike facilities	X															
Motor sports / motocross	X															
Gymnastics centre	X															
Gym / fitness centre	X															
Gun club	X															
Golf course	X			X		X						X				X
Fire running track	X															X
Equestrian facilities	X															
Dance studio	X															
Croquet green	X															
Cricket nets	X	X				X		X	X	X			X		X	X
Bowling green	X					X										X
Bocce / petanque									X							
Boat ramp					X	X										
BMX	X															
Athletics	X															
Aerial / flying sports	X															
Archery	X															
Town	Ararat	Buangor	Cathcart	Elmhurst	Green Hill Lake Reserve	Lake Bolac	Maroona	Mininera	Moyston	Pomonal	Pura Pura	Streatham	Tatyoon	Warrack	Wickliffe	Willaura

8.2 Community demand for places and spaces

Many of the issues identified through the audit were also identified through the community survey and key stakeholder engagement.

Sport and recreation facility upgrades desired by the community

The top 10 facility upgrades identified by the community include:

- Ararat Fitness Centre redevelopment
- Mountain bike trail development
- Lake Bolac walking track development
- Gordon Street Recreation Reserve athletics track upgrade
- Kokoda Park upgrade
- Lake Bolac Tennis Club redevelopment
- Moyston Recreation Reserve Netball Courts upgrade
- Alexandra Oval netball court covered spectator area
- Disk golf development
- Squash courts in Ararat

8.3 Key facility directions

Some of the key suggestions emanating from the community engagement activities undertaken include:

- improvements at some of the larger recreation reserves (which should be identified through master plans)
- aquatic improvements (which should be included in an Aquatic Centre review)
- play space improvements (which should be included in a play space strategy)

- track / trail / path improvements (which should be included in a tracks, trails and footpath strategy).

There are not sufficient resources available to undertake all of these works, and a process of justification needs to be undertaken to determine the feasibility of such developments i.e. Council needs to respond to feedback from community consultation about potential future facility upgrades. To assist with this prioritisation process, a capital works assessment tool has been developed, aligned with Council's vision and planning principles for sport and active recreation (refer to Appendix).

8.3.1 Aquatics and Fitness opportunities

The most desired facility upgrade identified by the community through the survey is the upgrade of Ararat Fitness Centre, which incorporates a 25-metre indoor heated pool, toddler pool, spa, sauna, indoor sports courts, gym, gymnastics centre and squash courts. This facility has a municipal catchment and is used for activities such as swimming, basketball, Futsal, gym / group fitness, gymnastics and birthday parties. Survey respondents were keen to see an upgrade to the gym / fitness area (with designated space for spin class and group fitness and new equipment); pool (including hydrotherapy), changerooms and additional basketball courts with spectator seating.

Ararat Rural City Council is currently reviewing its options regarding aquatic facilities. Other existing pool upgrades to be considered include Willaura and Lake Bolac.

8.3.2 Walking and cycling

Two of the most popular physical activities in Ararat Rural City are walking and cycling. These two activities are one of the most effective ways of encouraging more people to become more active.

One of the most desired developments in terms of walking and cycling include the development of the Ararat Hills Mountain Bike Park in the Ararat region, building on the existing network of mountain bike trails locally. The other most desired development, according to survey respondents, is the development of the Lake Bolac walking track. It is envisaged that this is a staged development involving the construction of a walking track project around the perimeter of Lake Bolac. Stage 1 is from the township to the cemetery reserve. Stage 2 is from the Picnic Point Camping Ground to the South Beach. There are 7 stages in total.

There was also some support for upgrading Cemetery Creek walking track, including the installation of several bridges, as well as developing a bike track for toddlers and children to teach them to ride safely.

Whilst a number of suggestions for tracks and trails were received through the engagement process, ideally a tracks, trails and footpath strategy should be developed to identify trail and path network developments, upgrades and renewals needed by the community.

8.3.3 Play spaces

Play spaces provide an important place for children and families to develop physically and socially and enjoy the experience of free play. Council manages many of the local play spaces. The main ones include:

- Alexandra Gardens
- Ararat Skate Park
- Centenary Park (Marx Crescent)
- Hewitt St
- Kokoda Park
- Lake Bolac Playground (near the library)
- Pomonal Recreation Reserve
- Willaura Recreation Reserve

Ararat Rural City Council does not currently have a formal play strategy to guide its provision of play across the municipality. Ideally a review of the location of all play spaces needs to occur, along with an assessment of the remaining life span; size of play space; condition of play spaces; the type and diversity of play opportunities provided; the catchment of play spaces; the age range for each play space; supporting infrastructure such as paths, seats and shade; areas of over- or under-supply; accessibility; the value of play opportunities provided; and some principles to guide the provision of play. Budgets should also be established for capital works, upgrades, renewals and maintenance.

8.3.4 Recreation Reserve improvements

Through community and stakeholder engagement, various suggestions have been made regarding improvements to recreation reserves throughout the municipality. To ensure that there is a strong evidence of need and that any proposed works are likely to be developed / upgraded / renewed in the best possible position, it is recommended that master plans are undertaken for major reserves.

A master plan was undertaken for Alexandra Oval in 2018. It identified a range of justified and prioritised works. User groups of the site are methodically working through the action plan. Other recreation reserves that would benefit from a master plan include Centenary Park and Kokoda Park. Any sites wishing to undertake significant works in the future should also consider undertaking a master plan. This could include Buangor Recreation Reserve, Green Hill Lake Reserve, Lake Bolac Recreation Reserve, Mininera Recreation Reserve (Conna Wilson Reserve), Moyston Recreation Reserve and Willaura Recreation Reserve. For smaller clubs (e.g. Ararat Pony Club), a master plan could be undertaken internally if there is the skills base to do so, but for larger sites, it may be necessary to contract external providers. In association with recreation reserve master plans, a health check of user groups should also be undertaken to identify any concerns about their longevity (i.e. ensuring that projects at recreation reserves are only funded where user groups are likely to remain active in the foreseeable future).

8.3.5 Public toilets

The provision of public toilets can greatly enhance usage of public open spaces and people's ability to participate in community life, particularly for families with young children or for people who may need to access toilets quickly due to ageing or health issues. Community feedback identified a need for upgraded public toilets (including an accessible toilet) near the netball courts at Moyston Recreation Reserve.

Within public toilets, baby change facilities enable families to more easily enjoy parks and recreation reserves, knowing that safe and comfortable facilities are available for their usage. For people with severe or profound disabilities, fully accessible public toilet facilities known as Changing Places can significantly improve access for people with disabilities to recreational and community spaces and would enable people with disabilities from other areas to enjoy outings in Ararat Rural City.

8.3.6 Environmental sustainability

Initiatives to reduce their impact on the environment, including roof top solar panels, inground irrigation systems and water tanks at various recreation reserves, passive heating and cooling in buildings, low use shower heads in change rooms, use of recycled materials in building construction, etc are being embraced by a number of clubs across Ararat Rural City. Sport and Recreation Victoria requires projects to incorporate Environmentally Sustainable Design (ESD) features. By designing facilities according to ESD principles, significant benefits can be achieved including:

- Reduction in energy and therefore cheaper operating costs
- Protection and conservation of water
- Less materials going to landfill due to re-use
- Less waste
- Less pollution
- Less transportation costs and impacts by buying locally.

Ararat Rural City Council will need to ensure that environmental sustainability options are included in design projects and funding applications for facility renewals and upgrades.

8.3.7 Impact of climate change

Ararat Rural City Council is not immune from the impacts of climate change. Warming temperatures and an increase in the number, duration and severity of heatwaves increases the number of extreme fire risk days and the length of the bushfire season. Pomonal has been particularly impacted by bushfires in the last few years.

High temperatures can result in an increased need for cooling in sport and recreation facilities. An increase in fire risk requires the need to design facilities to withstand fire as much as possible.

High temperatures also have an impact on participation, as many activities are called off once the temperature hits 35 degrees or above to reduce the likelihood of people suffering from heat stress while playing sport. Some people are likely to stop participating in summer sports as a result of potential heat stroke and sunburn. High temperatures can also contribute to blue-green algae outbreaks in local waterways such as Green Hill Lake and Lake Bolac, therefore impacting water sports.

Lower rainfall levels may impact the condition of playing fields and the availability of water to irrigate playing fields. Intense rainfall events may result in flooding of playing fields and buildings and the cancellation of games.

8.4 Hierarchy

To help identify the level of infrastructure development at a particular sport and recreation site, a hierarchy has been developed. This hierarchy refers to the reach or area the facility is intended to serve as well as their size and quality of the space and infrastructure.

Using Sport and Recreation Victoria's Pipeline Project hierarchy and State Sporting Association Facility Guides, the majority of facilities in Ararat Rural City Council are classified as local. There are a few regional level facilities, but no state or national level facilities:

Hierarchy Level	Definition	Key Types of Sporting Infrastructure	Key Types of Community Infrastructure
Local Facility	<p>In a hierarchy of provision local is defined as sport and active recreation opportunities that service a small physically definable, suburb or rural locality and small townships by one organisation.</p> <p>Examples include Tatyoon Recreation Reserve and Ararat Pony Club.</p>	<p>Single sports fields with training lights, 1-2 netball courts, basic change / social facilities with player change rooms, umpire change rooms, kiosk, bar, small function space / meeting space, office, first aid / trainer room, storage, accessible toilets.</p>	<p>Car parking, public toilets, playground, picnic/barbecue areas, walking tracks, seating</p>
Regional Facility	<p>In a hierarchy of provision Regional is defined as sport and active recreation that serve the needs of the residents of more than one municipality.</p> <p>Examples include Alexandra Oval and Gordon Street Recreation Reserve.</p>	<p>Multiple sports fields/ courts, aquatic centres, stadiums, grandstands, lighting for night use. Change / social facilities with player change rooms, umpire change rooms, kiosk, bar, kitchen, large function space / meeting space, office, first aid / trainer room, storage, accessible toilets.</p>	<p>Car parking, public toilets, playground, picnic/barbecue areas, walking tracks, seating</p>
State / National Facility	<p>In a hierarchy of provision State/ National is defined as sport and active recreation opportunities that serve a whole state. Their characteristics are generally more significant than regional facilities.</p> <p>There are no state or national level facilities in ARCC.</p>	<p>Elite stadiums, specialist sporting complexes, high-performance training centres, broadcast facilities</p>	<p>Major event infrastructure, hospitality suites, media centres, extensive public transport connections</p>

8.5 Asset renewal / rationalisation – unused or dilapidated assets

Council's Asset Plan 2025-2035 highlights Ararat Rural City Council's approach to asset development, renewal and decommissioning. In terms of sport and active recreation facility development or renewal, Council's approach is around integrated planning and understanding the importance of individual projects to community outcomes. It is also about ensuring that projects which are identified through project evaluation models are then incorporated into long term planning documents and that funding sources and whole of life costs are identified.

Some of the unused or dilapidated facilities in the municipality are located on Crown Land, e.g. Pura Pura Tennis Courts. In this instance, Council has no responsibility for the site.

8.6 Cost of construction

Construction costs for sport and recreation infrastructure have grown significantly in recent years. At the same time, community demands for facilities of a certain standard or type has increased, whilst Council budgets are getting tighter. All of this is causing pressure on the ability of Councils to provide new park and leisure facilities, while also still maintaining and upgrading existing infrastructure. To help reduce construction costs, careful project management will need to be undertaken, with particular attention given to key points where construction costs can be reduced, e.g. planning, feasibility study or business case, design and documentation and procurement.



9.0 Pillar 2: People

To encourage and support increased participation in sport and active recreation by the community.

9.1 Current physical activity participation in Ararat Rural City

Participation levels by adults in sport and active recreation

According to the Victorian Population Health Survey 2023⁶, only 28.8% of women and 31.5% of men in Ararat participated in 150 minutes or more per week of moderate to vigorous physical activity.

Most popular sport and active recreation activities in Ararat Rural City

Through the community survey undertaken as part of the strategy - primarily filled out by females (66.7%) aged between 30-54 - Ararat Rural City Council residents (predominantly adults) identified the following 10 most popular activities that they currently participate in:

Rank	Activity	Number of survey respondents n = 207	% of participation by Ararat RCC residents who completed the survey	% participation by Victorian residents over 15
1	Walking	153	73.9%	51.2%
2	Bushwalking / hiking	125	60.4%	16.0%
3	Swimming / aquatics	112	54.1%	12.9%
4	Gym / strength training	99	47.8%	31.9%
5	Playgrounds / nature play	88	42.5%	Not recorded
6	Fitness class, e.g. spin class	81	39.1%	Included with gym
7	Fishing	70	33.8%	Not recorded
8	Running / jogging	70	33.8%	17.0%
9	Football (AFL)	69	33.3%	4.1%
10	Athletics	66	31.9%	1.5%

⁶ Victorian Agency for Health Information (2023) Victorian Population Health Survey 2023: <https://vahi.vic.gov.au/reports/victorian-population-health-survey-2023>

How people participate in sport and active recreation

When asked in what capacity they participate in these activities, the most common response was as 'an occasional informal activity with friends or family', followed by 'on my own'. The third most common response was 'as part of a sports club', followed by 'in an organised group with an instructor'.

Participation trends in sport and active recreation by local residents

Ararat Rural City survey respondents show a similar pattern to Victorian trend data in that they have an increased likelihood of engaging in informal, individual physical activities as opposed to organised sporting activities. This trend highlights the need to consider both active recreation activities alongside structured sporting opportunities.

Some notable differences are the higher percentage of people who bushwalk / hike in the Shire (possibly due to the proximity of the Grampians and other nearby bushland) and a higher percentage of people who take part in athletics, which may be to do with the new athletics facilities in Ararat.

Children's participation in sport and active recreation

Children who attend early years services were invited to draw their favourite sport and active recreation activities. 47 drawings were received. Key themes emerging from these drawings indicate that play spaces are of significant value to children. Play spaces and areas of open space create opportunities for children to learn skills that help them to succeed in and enjoy sport and active recreation activities, e.g. learning how to cooperate and play with others, challenge themselves and develop physical skills such as running, climbing, swinging, balancing, throwing, etc. The top 13 activities mentioned by children (in order of priority) include:

- Sliding (7)
- Playing in muddy puddles (7)
- Football (5)
- Soccer (4)
- Dancing (3)
- Motorbike riding (3)
- Swimming (3)
- Swinging (3)
- Trampolining (3)
- Kicking a ball (2)
- Riding a bike (2)
- Riding a horse (2)
- Throwing a ball (2)

There was insufficient data from children aged 5-18 to make any statements about the most popular activities, although based on enrolments in sport and active recreation activities and Victorian physical activity trends for children, it is anticipated that the following sport and active recreation activities are likely to be popular:

- Swimming
- Basketball
- Australian Football
- Netball
- Tennis
- Dancing
- Gymnastics
- Walking.

Junior cricket is in a period of redevelopment and football (soccer) is emerging.

9.2 What activities would local residents like to do

Desired sport and active recreation activities

According to the community survey, the top 10 most desired activities by those who responded to this question include:

1. Yoga
2. Dancing
3. Fitness classes / gym
4. Pilates
5. Swimming
6. Volleyball
7. Walking
8. Cycling
9. Martial arts
10. Pickleball.



9.3 Enablers to participation

Through the community survey, local residents told us that they would be more likely to participate in sport and active recreation primarily if their activity of choice is available locally and if facilities were better quality and had more availability around their usage.

To encourage local residents to take part in or increase participation in physical activity, we need to reduce barriers to participation, e.g. cost, transport, clubs that are not welcoming, opening times, etc. We also need to consider trying to establish some new activities; improving facilities; activating spaces; improving accessibility; supporting volunteers; and providing more information about what is available.

The following key directions have been identified in order to help increase or maintain participation in sport and active recreation by residents of Ararat Rural City:

- Improve accessibility - improvement physical access to a building and the user's experience; provide greater access to spaces such as sports fields or pavilions that organisations were previously not permitted to use or not permitted to use at certain times; reduce some of the barriers to participation such as lowering the cost of activities, providing transportation to the activity, providing a culturally safe space, providing equipment free of charge for the activity or providing childcare, for example.
- Provide and promote free / low-cost sport and active recreation opportunities - promote the State Government's Get Active Kids Voucher Program⁸; consider the establishment of a sports library where local residents can borrow equipment; continue to provide free facilities that encourage participation in physical activity, e.g. outdoor fitness equipment, pump tracks, skate parks, playgrounds and shared trails.
- Activate places and spaces - provide events; shade, seats; lighting; signage; informal recreation equipment and public art.

⁸ Victorian State Government (2025) Get Active Victoria – Kids Voucher Program: <https://www.getactive.vic.gov.au/vouchers/>

9.4 Increasing participation by under-represented communities

There are specific groups within the community that are under-represented in terms of sport and active recreation participation, i.e. women; girls; Aboriginal and Torres Strait Islanders; people with a disability; LGBTQI+ community; culturally and linguistically diverse people; people from low incomes or experiencing socio-economic disadvantage; and disengaged youth.

Girls and women

Girls and women face a range of barriers to participating in sport and active recreation. These include lack of appropriate facilities (such as open showers and urinals in change rooms), limited access to training and competition times, body image concerns, high costs, sports facilities primarily designed for and dominated by boys, perceived safety risks, lack of public toilets and juggling child-rearing responsibilities. In addition, inflexible uniform requirements and the need to commit to seasonal or term-based fees can discourage casual participation, especially for those working shifts.

Strategies to address these barriers include ensuring facilities are female-friendly (with private change spaces and equitable access to amenities), relaxing uniform rules to accommodate comfort and body image concerns, provision of more lighting and better passive surveillance of areas, provision of more public toilets, offering child minding or fenced play areas near sports venues, and providing flexible, low-cost or casual participation options. Encouraging champions for female teams and promoting inclusive programs also help foster a supportive environment for girls and women to take part in sport and active recreation.

There is strong demand by women and girls for active recreation opportunities too, including activities such as yoga, dancing, pilates, walking and horse riding. A gender lens needs to be applied to Council's sport and active recreation expenditure to ensure that adequate provision is made for active recreational opportunities that appeal to women and girls.

It is important to engage with women and girls in any developments to identify, understand and address barriers to participation. Make Space for Girls⁹ provides some excellent tools to assist with this. Consideration may also be given to encouraging clubs to become a member of the CORE Alliance, who's vision is for safe, equal and respectful communities in the Grampians region (with a focus on preventing violence against women and children). CORE is facilitated by Women's Health Grampians.



Image: West Vic News Pty Ltd



⁹ Make Space for Girls: <https://www.makespaceforgirls.co.uk/about-us>

Culturally and Linguistically Diverse (CALD) community

To increase participation by the Culturally and Linguistically Diverse (CALD) community, it is essential to create welcoming, inclusive, and culturally safe environments. This can involve providing information about physical activity opportunities in multiple languages, engaging with CALD community leaders to understand specific needs, and offering culturally appropriate programs and activities. Some of the key activities identified by Council's settlement staff and State Sporting Associations that are of interest to members of the Fijian, Samoan and Karen communities are volleyball, soccer, swimming lessons, badminton and table tennis. Creating partnerships with local multicultural organisations and ensuring staff and volunteers receive cultural awareness training also help foster trust and break down barriers.

Other effective strategies include promoting low-cost or free participation options, facilitating access to facilities through community transport programs, and offering flexible participation models that accommodate different cultural and religious practices. Providing equipment free of charge and ensuring the availability of family-friendly spaces can further encourage involvement. Most importantly, ongoing consultation with CALD community members is key to identifying and addressing barriers, ensuring that sport and active recreation opportunities are truly accessible and appealing to all.

People with disabilities

To encourage participation in physical activity by people with disabilities, it is important to consider their individual needs and desires. Ensuring that facilities are accessible and inclusive is essential, including features such as ramps, accessible toilets, Braille signage, hearing loops, quiet spaces and equipment that

can be used by people with varying abilities. The use of Universal Design Principles and compliance with Disability Discrimination Act (DDA) is important.

Providing a range of activity options—including adaptive sports, modified group classes, and social or recreational programs—can also help foster engagement. Additionally, promoting a welcoming and supportive environment, offering flexible participation options, and raising awareness about available programs encourage greater involvement from people with disabilities. Engaging directly with people with disabilities and their carers to understand and address specific barriers is key to developing effective and inclusive opportunities for physical activity.

Older adults

To encourage participation in physical activity by older adults, it's crucial to provide a variety of accessible and enjoyable options that cater to different interests and abilities. Initiatives might include offering walking and cycling opportunities on off-road trails and in dog parks, low-impact activities like golf, and aquatic programs such as swimming, aqua aerobics, and hydrotherapy. Modified sports—like pickleball and walking soccer—can make participation more accessible, while softer playing surfaces, such as synthetic or cushioned courts, help reduce injury risk.

Exercise programs in community halls, including yoga and pilates, as well as strength training and chair exercise classes, are beneficial for maintaining health and wellbeing. Gentle outdoor exercise sessions, such as tai chi, can also appeal to older adults seeking a social and supportive environment. Importantly, designing programs that promote social connection, flexibility, and fun, while considering accessibility and affordability, will help older adults feel welcome and motivated to stay active.

10.0 Pillar 3: Partners

To work in partnership with clubs, community organisations, state / regional sporting association, education sector, government agencies and the private sector to facilitate sport and active recreation opportunities for the community.

A diverse range of organisations are responsible for delivering or facilitating sport and active recreation opportunities in Ararat Rural City including:

- Ararat Rural City Council
- Grampians Health
- Sport and Recreation Victoria
- State Sporting Associations
- Department of Environment Energy and Climate Action (DEECA)
- Sport and active recreation clubs and organisations
- Parks Victoria
- Schools
- Sports Central
- Private sector

Collaborations between these different groups can ensure better health, social, economic and environmental outcomes are achieved and ensure that limited resources are maximised. These organisations can also help Ararat Rural City achieve its goal of increased physical activity participation as identified in the Municipal Public Health and Wellbeing Plan.

Details about the roles and responsibilities of each partner and some of the key issues and priorities are included in the Appendix.



11.0 Pillar 4: Processes

To develop strategic plans, policies and tools to guide Council's decision making and investment in sport and active recreation.

11.1 Tools, policies, strategies and procedures

To guide decision making, based on equitable and transparent principles, the use of tools, policies, strategies and procedures can be beneficial. Currently Ararat Rural City is guided by a variety of plans, strategies, policies and laws, including, but not limited to the following:

- Council Plan 2025-2029
- Community Vision 2035
- Statement of Commitment to Gender Equality
- Local laws
- Risk Management Framework
- Strategies, e.g. Municipal Public Health and Wellbeing Plan; and Municipal Road Management Plan
- Master plans, e.g. Alexandra Oval
- Policies, e.g. Asset Management Policy; Child Safe Policy; Community engagement policy

Some process gaps or process improvements have been identified through the preparation of this strategy. To improve future planning and investment decisions, several tools should be developed as part of the implementation phase of this strategy.

11.2 Infrastructure planning

A key role of Ararat Rural Council is to undertake sport and recreation infrastructure planning on behalf of the community. This would involve the development of masterplans, specialised strategies (playspace / aquatic / tracks and trails), concept designs, schematic designs, site investigations, costings etc. This information will then feed into Council's project pipeline.

11.3 Information sharing

Ararat Rural City Council, clubs and organisations should utilise a diversity of communication tools (both online and hard copy) to increase awareness of existing sport and active recreation opportunities in the municipality by local residents, including: online community directories; websites; social media; posters; banners / signage; letterbox drops; presentations and targeted emails to established networks.

11.4 Asset Database

Whilst Council has a list of its assets, the information provided is limited. As part of the development of this strategy, a more comprehensive database of activities has been produced, incorporating information (where available) such as location, facilities, management, user groups, contact information, etc, as well as photos of each site. This needs to be updated periodically.

11.5 Capital works assessment tool

A capital works assessment tool has been developed, based on the planning principles within this strategy, to help Council prioritise one project over another. Refer to the Appendix for details.

12.0 Key directions of the strategy

Key areas of focus include of the Ararat Rural City Council Sport and Active Recreation Strategy (2026-2036) include:



PILLAR 1 – PLACES

- Improving existing facilities wherever possible
- Developing a new indoor sports stadium in Ararat
- Improving paths, tracks and trails for recreational purposes



PILLAR 2 – PEOPLE

- Developing some new sport and active recreational opportunities, e.g. pickleball court, outdoor volleyball net, disc golf
- Improving active recreational opportunities
- Better activating spaces
- Providing improved participation opportunities for women and girls; CALD communities; people with disabilities; and older adults



PILLAR 3 – PARTNERS

- Supporting clubs and volunteers
- Working with partners to share resources



PILLAR 4 – PROCESSES

- Securing more resources to undertake sport and active recreation planning functions
- Developing planning tools and frameworks to assist Council to make informed sport and active recreation investment decisions
- Master planning for reserves and undertaking works at various reserves (e.g. pavilion upgrades, court resurfacing, lighting, shade, play spaces, etc)
- Improving information about sport and active recreation opportunities available
- Improving sustainability and accessibility through the use of industry guidelines, e.g. Environmentally Sustainable Design and Universal Design Principles
- Securing additional resources to provide sport and recreation planning, programs and services for the community
- Play space planning
- Undertaking an aquatics review

A separate action plan has been developed to provide greater detail in relation to the key directions of the Ararat Rural City Council Sport and Active Recreation Strategy.

In recognition of the fact that sport and active recreation crosses over into many areas within Ararat Rural City, it is important that a multi-disciplinary team is established to oversee and

implement this strategy. It is suggested that this group meets at least twice per year to monitor actions and that once per year all actions are reviewed and modified if needed. Ideally one officer will be given the responsibility of overseeing actions and coordinating meetings. A new sport and active recreation strategy should be developed in 2036.

Image: West Vic News Pty Ltd



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To reduce environmental impact, residents and interested parties are encouraged to access the report via Council's website, www.ararat.vic.gov.au.



Ararat Rural City

www.ararat.vic.gov.au

ARART RURAL CITY COUNCIL

Ararat Sport and Active Recreation Strategy ACTION PLAN 2026-2036



Ararat Rural City

Traditional Acknowledgement

Ararat Rural City Council acknowledges the Traditional Owners of the land on which we live, work and recreate - the Eastern Maar, Barengi Gadjin (the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia, and Jupagulk peoples of the Wotjobaluk Nations), and Wadawurrung peoples, and recognise their connection to the land and waterways.

We pay our respects to their elders, past, present and emerging, and to all Aboriginal and Torres Strait Islander people.

Disclaimer

The information contained in this report is intended for the specific use of the within named party to which it is addressed ("the Communityvibe client") only. All recommendations by Communityvibe are based on information provided by or on behalf of the Communityvibe client and Communityvibe has relied on such information being correct at the time this report is prepared. Communityvibe shall take no responsibility for any loss or damage caused to the Communityvibe client or to any third party whether direct or consequential as a result of or in any way arising from any unauthorised use of this report or any recommendations contained within.

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Recreation Strategy is supported
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1.0 Action Plan

The following action plan describes the key initiatives identified through research, community engagement and the facility audit. Many of these initiatives will require external funding. In terms of priority, the following is used:

High priority	▶▶▶	0-4 years
Medium priority	▶▶	5-9 years
Low priority	▶	10 years +
Ongoing	⤴	Continuous



PILLAR 1: PLACES

To provide a diversity of accessible, inclusive and fit-for-purpose sport and active recreation places and spaces for the community.

Place	Details	Partners	Resources	Priority
Pipeline projects	Develop and maintain a pipeline of future sport and active recreation infrastructure projects that is updated annually including proposed infrastructure type, location, scope, timing, and cost.	<ul style="list-style-type: none"> • Sport and Recreation Victoria • Sport and active recreation clubs and organisations 	Staff time to establish the pipeline of sport and active recreation infrastructure projects annually	Ongoing 
Larger recreation reserves	Undertake master plans for larger recreation reserves in the municipality. Through the master planning process, identify key priorities and work towards implementing these key priorities.	<ul style="list-style-type: none"> • Sport and active recreation clubs and organisations • Sport and Recreation Victoria • Department of Environment, Energy and Climate Action 	Funds to undertake master plans and to implement key priorities (with the assistance of external grants).	High 
Aquatic facilities	Undertake an Aquatic Review to explore options regarding aquatic facilities in Ararat, including potential pool upgrades at Willaura and Lake Bolac.	<ul style="list-style-type: none"> • Lake Bolac Recreation Reserve Committee of Management • Willaura Recreation Reserve Committee of Management • Sport and Recreation Victoria 	Funds to undertake an aquatic review and to implement key priorities (with the assistance of external grants)	High 

Place	Details	Partners	Resources	Priority
Indoor sports facilities	Undertake an Indoor Sports Facility Review to explore options regarding indoor sports facilities in Ararat suitable for sports such as basketball, indoor netball, volleyball, Futsal, gymnastics, gym, etc.	<ul style="list-style-type: none"> • Sport and active recreation clubs and organisations • Sport and Recreation Victoria • State Sporting Associations 	Funds to undertake an indoor sports facility review and to implement key priorities (with the assistance of external grants)	High 
Tracks and trails	Undertake a Tracks and Trails Strategy to guide the planning, provision, management, maintenance and promotion of tracks and trails (including recreational paths, hiking trails, mountain bike tracks, pump tracks, BMX, etc) across the municipality.	<ul style="list-style-type: none"> • Walking and cycling groups • Recreation Reserve Committees of Management • Sport and Recreation Victoria • Parks Victoria • Department of Environment, Energy and Climate Action • Water authorities • Neighbouring Local Government Authorities 	Funds to undertake a tracks and trails strategy and to implement key priorities (with the assistance of external grants)	High 
Play spaces	Undertake a play strategy to guide Ararat Rural City Council's planning, provision, management, maintenance and promotion of play across the municipality.	<ul style="list-style-type: none"> • Sport and Recreation Victoria 	Funds to undertake a play strategy and to implement key priorities (with the assistance of external grants)	Medium 
Community suggestions	Explore the list of suggestions received from community members during the consultation phase of the Sport and Active Recreation Strategy (as identified in the Community Engagement Report).	<ul style="list-style-type: none"> • Specific groups • Recreation Reserve Committees of Management • Sport and Recreation Victoria • Parks Victoria • Department of Environment, Energy and Climate Action • Water authorities 	<p>Staff time to explore, further scope and determine feasibility of some of the options.</p> <p>Funds to implement key priorities (with the assistance of external grants)</p>	Ongoing 

PILLAR 2: PEOPLE



To encourage and support increased participation in sport and active recreation by the community.

Place	Activity	Details	Partners	Resources	Priority
General population	Work in partnership with sports clubs, Sports Central and State Sporting Associations to run an annual sport and recreation open day	This sport and recreation open day / come and try day will enable local residents to learn about what types of physical activities are available and perhaps get to try out some of these activities.	<ul style="list-style-type: none"> • Sports clubs • Sports Central • State Sporting Associations 	Staff time	High
Women and girls	Facilitate / advocate for facilities, services and programs that support participation of women and girls in physical activity.	<p>Facilities may include spaces for activities such as yoga, pilates and dance, along with female friendly change facilities; and improved lighting.</p> <p>Services may include a component in community grants programs that prioritises women and girls; casual participation fees; child minding; and policies that ensure equal access to facilities.</p> <p>Programs may include yoga, pilates, dance, walking, horse riding, etc.</p>	<ul style="list-style-type: none"> • Sports clubs • Health centres • Ararat Fitness Centre • Schools • Private sector • Sports Central • State Sporting Associations 	Staff time Project costs	Ongoing

Place	Activity	Details	Partners	Resources	Priority
CALD communities	Facilitate / advocate for facilities, services and programs that support participation of CALD communities in physical activity.	<p>Facilities may include outdoor volleyball courts and rugby fields.</p> <p>Services may include low cost / free activities; transportation; communications in community languages; accommodating different cultural and religious practices, etc.</p> <p>Programs specifically tailored towards CALD communities may include volleyball, soccer, cane ball, rugby, water safety program, women's learn to swim lessons, men's learn to swim lessons.</p>	<ul style="list-style-type: none"> • Council's settlement staff • Sports clubs • Ararat Fitness Centre • Health centres • Churches • Sports Central • State Sporting Associations 	<p>Staff time</p> <p>Project costs</p>	<p>Ongoing</p> 
People with disabilities	Facilitate / advocate for facilities, services and programs that support participation of people with disabilities in physical activity.	<p>Facilities may include ramps, accessible toilets, Braille signage, hearing loops, quiet spaces – guided by DDA compliance and Universal Design Principles.</p> <p>Services may include a component in community grants programs that prioritises people with disabilities; low cost / free activities; transportation; flexible participation options, etc.</p> <p>Programs may include adaptive sports; modified group classes; and social or recreational programs.</p>	<ul style="list-style-type: none"> • Disability organisations • Sports clubs • Ararat Fitness Centre • Health centres • Private sector • Sports Central • State Sporting Associations 	<p>Staff time</p> <p>Project costs</p>	<p>Ongoing</p> 

Place	Activity	Details	Partners	Resources	Priority
Older adults	<p>Facilities may include walking / cycling trails, aquatic facilities, gyms, sports facilities, halls, parks and gardens, etc.</p> <p>Services may include a component in community grants programs that prioritises older adults; low cost / free activities; transportation; flexible participation options; etc.</p> <p>Programs may include modified sports; low impact sport and recreation activities; and social or recreational programs.</p>	<p>Facilities may include outdoor volleyball courts and rugby fields.</p> <p>Services may include low cost / free activities; transportation; communications in community languages; accommodating different cultural and religious practices, etc.</p> <p>Programs specifically tailored towards CALD communities may include volleyball, soccer, cane ball, rugby, water safety program, women's learn to swim lessons, men's learn to swim lessons.</p>	<ul style="list-style-type: none"> • Planned Activity Groups • Senior Citizens • Sports typically catering for older adults, e.g. croquet and lawn bowls • Ararat Fitness Centre • Health centres • Private sector • Sports Central • State Sporting Associations 	<p>Staff time</p> <p>Project costs</p>	<p>Ongoing</p> 

PILLAR 3: PARTNERS

To work in partnership with clubs, community organisations, state / regional sporting associations, education sector, government agencies and the private sector to facilitate sport and active recreation opportunities for the community.

Place	Activity	Details	Partners	Resources	Priority
Private sector	Seek opportunities to work with private sector providers of sport and active recreation to deliver physical activities at events as appropriate.	This sport and recreation open day / come and try day will enable local residents to learn about what types of physical activities are available and perhaps get to try out some of these activities.	<ul style="list-style-type: none"> Private sector 	Staff time	Ongoing ↑
Partner organisations	Promote initiatives and programs from partner organisations that are designed to improve accessibility by people from under-represented communities / groups in physical activity	Focus on under-represented groups such as people with disabilities, Culturally and Linguistically Diverse communities; girls and women; older adults; people from low socio-economic backgrounds) to sport and active recreation.	<ul style="list-style-type: none"> Sports clubs Health organisations Community groups Schools 	Staff time	Ongoing ↑

PILLAR 4: PROCESSES



To develop strategic plans, policies and tools to guide Council’s decision making and investment in sport and active recreation.

Place	Details	Partners	Resources	Priority
Policies, processes and resources	Investigate allocating resources to sport and active recreation planning, facility management, promotion, club support, partnership development and advocacy.	<ul style="list-style-type: none"> To be determined 	To be determined	Highest
	Continue to update existing tools, policies, strategies and processes as required.	<ul style="list-style-type: none"> Nil 	Staff time	Ongoing
	Participate in formal and informal regional sport and recreation networks to share information with neighbouring Local Government Authorities.	<ul style="list-style-type: none"> Sport and Recreation Victoria Local Government Authorities in the region 	Staff time	Ongoing
	Support the implementation of existing plans with a sport and active recreation focus (e.g. master plans and Municipal Public Health and Wellbeing Plan)	<ul style="list-style-type: none"> Clubs and organisations Sport and Recreation Victoria DEECA State Sporting Associations 	Staff time	Ongoing
	Continue to update the Asset Database as new information becomes available or conditions change.	<ul style="list-style-type: none"> Nil 	Staff time	Ongoing

Place	Details	Partners	Resources	Priority
Facility management and planning	Continue to plan for and provide free public places and spaces such as parks, playgrounds, shared trails, outdoor fitness equipment, pump tracks, etc for sport and active recreation participation by local residents.	<ul style="list-style-type: none"> • Sport and Recreation Victoria • DEECA • Parks Victoria 	<p>Staff time</p> <p>Facility development and maintenance budgets</p>	Ongoing ↑
	Promote universal design and compliance with Disability Discrimination Act (DDA) requirements in facilities.	<ul style="list-style-type: none"> • Clubs and organisations • Sport and Recreation Victoria 	<p>Staff time</p> <p>Potentially funds to improve accessibility</p>	Ongoing ↑
	Ensure that all new sport and active recreation facility developments, upgrades and renewals incorporate Environmentally Sustainable Design principles (playing surface, clubrooms / change rooms and surrounds).	<ul style="list-style-type: none"> • Clubs and organisations • Sport and Recreation Victoria 	<p>Funds to implement ESD features</p>	Ongoing ↑
	Design any facility developments or upgrades to include consideration of needs to respond to potential climate change impacts.	<ul style="list-style-type: none"> • Clubs and organisations • Sport and Recreation Victoria 	<p>Funds to implement initiatives that respond to climate change impacts</p>	Ongoing ↑
	Ensure that consideration is given to the development of female change facilities in pavilions.	<ul style="list-style-type: none"> • Clubs and organisations • Sport and Recreation Victoria 	<p>Funds to provide female change facilities at pavilions</p>	Ongoing ↑
	Establish or enhance working relationships with schools throughout the municipality to enable discussions about shared facility planning to help reduce duplication and to maximise asset usage.	<ul style="list-style-type: none"> • Schools 	<p>Staff time</p>	Ongoing ↑

Place	Details	Partners	Resources	Priority
Programming and activation	Support initiatives by partner organisations that increase participation in sport and active recreation.	<ul style="list-style-type: none"> • Clubs and organisations • State Sporting Associations • Health organisations • Schools 	Staff time Potentially some promotional funds	Ongoing ↑
	Continue to promote clubs / organisations through Council's Community Directory and expand the level of information available about each club / organisation.	<ul style="list-style-type: none"> • Clubs and organisations 	Staff time	Ongoing ↑
	Monitor the impact of potential participation barriers and implement measures to improve accessibility as required.	<ul style="list-style-type: none"> • Nil 	Staff time	Ongoing ↑
Club / organisational support	Encourage multi-use of facilities and the delivery of additional activities by clubs / organisations (e.g. social / modified activities) as an add-on to their traditional offerings.	<ul style="list-style-type: none"> • Clubs and organisations • Sport and Recreation Victoria 	Staff time	Ongoing ↑
	Continue to support clubs / organisations to develop new programs, train volunteers, etc. through the Community Grants program.	<ul style="list-style-type: none"> • Clubs and organisations 	Staff time	Ongoing ↑
	Work in partnership with Sports Central and relevant State Sporting Associations to bring additional resources to Ararat Rural City to support clubs / organisations and local residents to deliver physical activity opportunities and to be more active.	<ul style="list-style-type: none"> • Sports Central • Relevant State Sporting Associations • Clubs and organisations • Sport and Recreation Victoria 	Staff time	Ongoing ↑

Place	Details	Partners	Resources	Priority
Club / organisational supportc	Explore opportunities to better support clubs and their volunteers in relation to issues such as governance, planning, policy development, programming, information and advice regarding grant applications.	<ul style="list-style-type: none"> • Clubs and organisations • Sports Central • State Sporting Associations • Sport and Recreation Victoria 	Staff time	Ongoing 
	Promote any government initiative that provides funding or training for potential coaches / sports administrators locally	<ul style="list-style-type: none"> • State Government • Clubs and organisations • Sports Central 	Staff time	Ongoing 
	Commit to nominating sport and active recreation volunteers to awards programs in the region to recognise and reward them for their service.	<ul style="list-style-type: none"> • Sports Central • State Sporting Associations • Clubs and organisations 	Staff time	Ongoing 
	Continue to liaise with clubs and organisations to understand their specific issues and needs and provide support or advocacy as appropriate.	<ul style="list-style-type: none"> • Sports Central • State Sporting Associations • Clubs and organisations 	Staff time	Ongoing 

2.0 Implementation and evaluation

In recognition of the fact that sport and active recreation crosses over into many areas within Ararat Rural City, it is important that a multi-disciplinary team is established to oversee and implement this plan. It is suggested that this group meets at least twice per year to monitor actions and that once per year all actions are reviewed and modified if needed. Ideally one officer will be given the responsibility of coordinating meetings. A collaborative partnership-based approach should also be developed and maintained with Sport and Recreation Victoria in the implementation of actions and regular review of the strategy. A new sport and active recreation plan should be developed in 2035.



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To reduce environmental impact, residents and interested parties are encouraged to access the report via Council's website, www.ararat.vic.gov.au.



Ararat Rural City

www.ararat.vic.gov.au