

Sports Club for Health and similar initiatives in Europe: examples of good practice

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Abstract

The recommended ways to implement Sports Club for Health (SCforH) initiatives have been described in the SCforH guidelines. However, sport practitioners who plan to develop such initiatives in their sports clubs and associations may also benefit from having information on SCforH or other similar initiatives that have already been successfully implemented. Therefore, we collected data on ongoing SCforH and related initiatives in 36 European countries, including Iceland, Norway, Switzerland, all 27 European Union member states, and all five countries that are candidates for the membership in the European Union (i.e. Albania, Montenegro, North Macedonia, Serbia, and Türkiye). The data were obtained from representatives of sports associations, some of which were partners in the SCforH 2020–22 project. We also reviewed the examples of good practice included in a systematic scoping review of SCforH publications and in the Electronic Toolkit for sports clubs and associations. In the final step, we conducted a comprehensive Internet search. Four authors read the descriptions of the initiatives identified in the search and assessed their eligibility for inclusion. Data about 76 initiatives implemented in 33 European countries were obtained from a total of 31 contact persons. Thirty-six percent of the initiatives were designed for people of any age, while other initiatives targeted specific age groups, including children (20%), adolescents (30%), adults (29%), and seniors (28%). Most (53%) of the initiatives were related to developing specific SCforH or similar projects or activities. In 28% of the initiatives SCforH or related principles were incorporated in existing work. Sixteen percent of initiatives were designed with the aim to raise the awareness of SCforH or related principles. The least common type of initiative was development of specific SCforH or related strategies or plans. Importantly, most (62%) of the initiatives were carried out in accordance with all seven guiding principles of the SCforH approach. It can be concluded that SCforH and similar initiatives have been carried out in most European countries, and most of them followed the guiding principles of the SCforH approach. Future SCforH projects should continue disseminating the SCforH guidelines and encouraging sports clubs and associations to implement SCforH initiatives.

1. Introduction

Since 2008, the team of stakeholders in the sports sector who carried out three international Sports Club for Health (SCforH) projects funded by the European Commission, also known as the SCforH consortium (1), has continuously worked on increasing the number and quality of sport-for-all initiatives in European sports clubs and associations (2). To achieve this, members of the consortium have developed a range of documents and educational tools, such as SCforH guidelines (3), SCforH textbook (4), SCforH country cards (5), Electronic Toolkit for sports clubs and associations (6), and SCforH online course (7). These materials have been widely promoted through organised events and online media (8), which has helped disseminate the SCforH ideas throughout Europe. This can be seen from the results of a Europe-wide survey conducted in 2021/22 showing that 53% of sports association representatives are aware of the SCforH guidelines (9).

While the wide awareness of SCforH guidelines among representatives of sports clubs and associations is important, it may not be sufficient on its own to improve the promotion of health-enhancing sports and exercise in Europe. What matters the most are initiatives

implemented based on the SCforH principles. The recommended ways to implement SCforH initiatives have been described in the SCforH guidelines (3). However, sport practitioners who plan to develop such initiatives in their sports clubs and associations may also benefit from having information on SCforH or other similar initiatives that have already been successfully implemented.

Therefore, as part of the SCforH project “Promoting National Implementation for Sport Club for Health (SCforH) Programmes in EU Member States” (SCforH 2015-17 project), the team in charge of developing the Electronic Toolkit for sports clubs and associations (6) has identified and described several examples of good SCforH practice in Europe. In the SCforH project “Creating Mechanisms for Continuous Implementation of the Sports Club for Health Guidelines in the European Union” (SCforH 2020-22), we built upon that work and collected additional data on ongoing SCforH and related initiatives in Europe. Key findings are presented in this book chapter.

2. Methods

2.1. Search

Several steps were taken to collect data on SCforH and other similar initiatives in 36 European countries, including Iceland, Norway, and Switzerland, all 27 European Union member states, and all five countries that are candidates for the membership in the European Union (i.e. Albania, Montenegro, North Macedonia, Serbia, and Türkiye). We first requested from the representatives of 14 partner institutions included in the SCforH 2020-22 project to provide data on the SCforH and related initiatives in their own and neighbouring countries. We also asked the representatives of umbrella sports organisations involved in the project to forward the request to their member organisations. We then supplemented the list of initiatives by reviewing the examples of good practice that have already been presented in the Electronic Toolkit (6) and in the systematic scoping review of SCforH movement in the published media (8). In the final step, a comprehensive Internet search was conducted using Google.

2.2. Data entry

Contact persons who agreed to provide information about the initiatives were asked to complete a predefined Excel spreadsheet, including the following fields: [i] Information provided by; [ii] Name of the initiative; [iii] Administering organisation(s); [iv] Developed in (country); [v] Additionally implemented in; [vi] Link; [vii] Target group(s); [viii] Short description of the initiative; [ix] Type of initiative; [x] Promotes health-enhancing sports activities; [xi] Follows well-established, evidence-based practices; [xii] Uses qualified and competent personnel; [xiii] Promotes the sports that are part of the club's standard programme; [xiv] Poses no or minimal health and safety risks; [xv] Takes place in a healthy environment; and [xvi] Commits to promoting an enjoyable social and motivational climate. The Excel spreadsheet also included two example initiatives. Detailed data entry instructions provided to contact persons are presented in Box 1.

Instructions

In the Excel spreadsheet “Database of SCforH and other related initiatives_data entry sheet with two examples”, please provide information about one or more initiatives for the promotion of health-enhancing sports through sports clubs and associations that have been carried out in your country and/or by your organisation. The Excel spreadsheet also includes two entries that may serve you as examples of how to enter the data about your initiative(s). Please provide information in the following columns of the spreadsheet:

- 1. Information provided by:** Please enter your full name.
- 2. Name of the initiative:** Please enter the name of the initiative. If the original name is in a language other than English, if possible in addition to the original name please also enter an English translation of the name.
- 3. Administering organisation(s):** Please enter the name of the organisation in charge of developing and/or running the initiative.
- 4. Country(ies):** Please list the countries where the initiative is/was implemented.
- 5. Target group(s):** Please specify for whom the initiative was developed; for example, general population, children and adolescents (5-17 years old), adults (18-64 years old), seniors (65+ years), females, males, people with disability.
- 6. Link:** Please provide a URL of the website with more information about the initiative, if available.
- 7. Short description of the initiative:** Please provide a brief description of the initiative (no more than 300 words). This may include, for example:
 - Reasons for starting the initiative;
 - Objective(s) of the initiative;
 - Key activities;
 - Key outcomes/results;
 - Link to an evaluation report.
- 8. Type of initiative:** Please choose one of the following options from the drop-down list:
 - Raising awareness of SCforH (or related) principles or initiatives;
 - Incorporating SCforH (or related) principles in existing work;
 - Developing specific SCforH (or related) strategies or plans;
 - Developing specific SCforH (or related) projects or activities.

9. How does the initiative align with the SCforH principles?: For each of the seven SCforH principles choose one of the following responses from the drop-down list:

- Yes;
- No;
- Don't know;
- Not applicable.

More information about the four types of initiatives and seven SCforH principles can be found in the [SCforH guidelines](#) and [SCforH textbook](#).

2.3. Assessment of eligibility and final editing

Two authors (Saška Benedičič Tomat and Herbert Hartmann) read the descriptions of initiatives in the draft list and assessed their eligibility for inclusion. The list was then verified by two other authors (Tena Matolić and Melanija Strika). All disagreements about the inclusion/exclusion of initiatives were resolved through discussion. The final list was reviewed for any inconsistencies by two authors (Danijel Jurakić and Željko Pedišić) and the descriptions of initiatives were edited by an English language professional.

2.4. Data analysis

In this book chapter, we presented detailed description of each initiative. To provide a summary description of initiatives, we also calculated absolute frequencies and percentages for different categories (e.g. country, administering body, target groups). The descriptions of all initiatives were imported to NVivo software (Release 1, QSR International, Burlington, MA, USA) to analyse word frequency and create a word cloud figure.

3. Findings

3.1 Summary findings

Data about 76 initiatives were obtained from a total of 31 contact persons. The initiatives were implemented by approximately 80 institutions and organisations, most of which were sports associations (~53%), followed by other not-for-profit organisations (~11%), higher education and research institutions (~11%), sports clubs (~10%), and governmental bodies (~4%). The remaining initiatives were implemented or supported by other types of organisations (e.g. health insurances and private businesses). The initiatives were implemented in a total of 33 countries. Most (89%) of the initiatives were implemented in a single country, while 11% of the initiatives were implemented internationally. Thirty-six percent of the initiatives were designed for people of any age, while other initiatives targeted specific age groups, including children (20%), adolescents (30%), adults (29%), and seniors (28%). Specific target groups for the initiatives also included the socially disadvantaged (11%), people with chronic health

Most (53%) of the initiatives were related to developing specific SCforH or similar projects or activities. In 28% of the initiatives SCforH or related principles were incorporated in existing work. Sixteen percent of initiatives were designed with the aim to raise the awareness of SCforH or related principles. The least common type of initiative was development of specific SCforH or related strategies or plans. Furthermore, all but one initiative promoted health-enhancing sports activities, 83% followed well-established, evidence-based practices, 93% percent used qualified and competent personnel, 80% promoted the sports that are part of the club's standard programme, 97% posed no or minimal health and safety risks, 92% took place in a healthy environment, and 99% were committed to promoting an enjoyable social and motivational climate. Importantly, most (62%) of the initiatives were carried out in accordance with all seven guiding principles of the SCforH approach.

3.2. Sports Club for Health and other related initiatives

Full descriptions of all 76 SCforH initiatives from the Excel file are provided starting with the next page.

Name of the initiative

ATP – Everyday Training Program

Information provided by

Herbert Hartmann

Developed in

Germany

Administering organisation(s)

German Gymnastic Federation, Federal Centre for Health Education, German Sport University Cologne, German Olympic Sport Confederation, Regional Sport Association North Rhine-Westphalia

Link

www.aelter-werden-in-balance.de/programme/ATP/video/

Target group(s)

Inactive elderly people








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The ATP program encourages elderly people (60+ years of age) to include more health-enhancing physical activity in their everyday lives. The program directs the participants' attention toward improving physical abilities that they need to perform daily activities like strength, endurance, coordination and flexibility. Through the program, participants discover that physical activity can be fun. It also enables them to experience social and physical advantages of participating in these activities. Plus, participants receive information related to overall health through the program. ATP is offered in sports clubs as a 12-session course. Participants learn how to establish their daily routines in order to maintain or increase their mobility. They do not need any special equipment; instead, participants in ATP only need access to everyday objects that they can find at home like towels, newspapers, handkerchiefs, boxes and water bottles.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Healthy Club Quality Mark

Information provided by

Saška Benedičič Tomat

Administering organisation(s)

Sports Union of Slovenia

Developed in

Slovenia

Link

<https://healthyclub.isca.org/>

Additionally implemented in

Bulgaria, Italy, Malta, Romania

Target group(s)

All age agroups

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative








The primary purpose of the Healthy Club (Quality Mark) is to ensure that organised, regular, professionally managed, properly structured, recreational sport activities are offered in sports organisations throughout the country. This initiative has been transferred and is also being applied in Bulgaria, Malta, Italy and Romania.

- In addition to encourage the public at the national level to perform more physical activity, the Healthy Club Quality Mark has the following main goals:
- Identifying sports organisations and organisations that offer organised, regular, properly structured, professionally managed, recreational sports activities and providing them with a Healthy Club Quality Mark.
- Supporting cross-sectoral cooperation to promote healthy exercise programmes and highlight the benefits of an active lifestyle.
- Increasing the number of people who participate in organised, regular sports activities as well as in sport and social events.
- Promoting the Healthy Clubs and their programmes.
- Educating trainers and sport leaders.
- Monitoring and improving offers of sport and physical activity on the basis of research findings.
- Helping the customers choose certified activities.
- Building, networking and developing the organisation's processes (e.g. management, achieving sustainability, communication, promotion, networking).
- Buffering the impact of healthy risk factors.
- Encouraging partnerships with other sectors on various levels.

Our organisation will carry out the following main activities during the Healthy Club Quality Mark process:

- training, seminars and networking activities;
- consultancy;
- publications and research;
- ABC training;
- support in purchasing sports equipment and accessories; and
- other kinds of promotional support.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Mamanet Latvia

Information provided by

Galina Gorbatenkova

Administering organisation(s)

Latvian Sport for All Association

Developed in

Latvia

Link

www.sportsvisiem.lv

Target group(s)

Women aged 30 and older, mothers








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Latvian Sport for All Association is currently developing a Mamanet game for women and mothers in Latvia. The game, which was first initiated in Israel in 2005, is similar to volleyball. Currently, it is being played in countries all over the world, including Latvia. Mamanet supports women's empowerment, gender equality, and social inclusion, giving them an equal opportunity to be involved in physical activity. Trainings that introduce more women to the game are being offered in many Latvian municipalities. The target audience includes women that have not performed much physical activity or who have experienced a reduction in physical activity due to obligations to their families and children or have less available time for physical activity. LTSA organises Mamanet tournaments and seminars, and the promotion for these activities occurs via websites, social media, the radio, and other media channels.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Nordic walking trainings

Information provided by

Galina Gorbatenkova

Administering organisation(s)

Latvian Sport for All Association

Developed in

Latvia

Link

www.sportsvisiem.lv

Target group(s)

All age groups

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Together with municipalities of Latvia, the Latvian Sport for All Association is organising Nordic walking trainings for all participants interested in Nordic walking. Participants at these trainings can regularly learn important knowledge about accurate Nordic walking technique, so that they can practice Nordic walking both individually and correctly.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

More than a club

Information provided by

Réka Veress

Administering organisation(s)

National School, University and Leisure Sport Federation

Developed in

Hungary

Link

<https://mozogj.ndhsz.hu/>

Target group(s)

Senior citizens (60+ years of age), people with overweight (in particular age group 16-25 years), adult population at risk of spinal or joint problems, with special focus on parents of young children

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Aim of the project: To test and prepare for the adaptation of SCforH approach for its application in other sport clubs (including university and regular sport clubs); to widen and develop the clubs' sport services; to highlight the health advantages of sports; and to use local and regional capacities effectively.

Expected results: Even more members of the population will have access to and benefit from the health-enhancing physical activities (HEPA); HEPA opportunities will be provided by the club under the supervision of professional sport staff

Actions: Providing and testing new HEPA activities for new target groups, including at least 100 persons and offering at least 3200 contact classes over a period of at least 12 months; implementing SCforH guidelines in the club.

Further activities: Monitoring and evaluation measures will be developed based on the outcomes of the HEPA activities carried out; research will be performed on the sport club organisational management and culture (DEAC); preparations will be made to adapt the pilot on a wider scale (raising awareness, conducting research and networking); health potentials of the different sports will be analysed; a methodological booklet will be created: <https://mozogj.ndhsz.hu/modszertanikiadvany/>; a study of international good practices will be carried out.

Results: Significant improvement: better perception of health among participants; better attitude toward a healthy lifestyle. Resting heart rate decreased by 10%, pulse during PA decreased by 15%; gradually improved flexibility; decreased barriers to a healthy lifestyle reported; improved attitude toward a healthy diet.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	No ✗
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Bucurie în mișcare (Joy on the move)

Information provided by

Mihai Androhovici

Administering organisation(s)

Association 11EVEN

Developed in

Romania

Link

<https://11even.ro/programe/bucurie-in-mis-care/>

Additionally implemented in

Moldova

Target group(s)

All age agroups

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Joy on the Move is a space that integrates game ideas and simple movement techniques. This space has been designed to inspire participants, encouraging them to choose how they move on a daily basis in an increasingly technology-dominated world. Joy on the Move aims to bring children and parents, as well as young people who share the same passions, together at a lively event. Activities are being organised in Romania and Moldova. "Joy on the Move" has resulted in the following:

- 7 editions that brought together 69 events
 - We have visited 2 countries and over 29 cities; 100,000 people explored our spaces; 100,000 people joined the contests and games during the events; 25,000 prizes were offered at the events
 - 3,000 volunteers were involved in the 7 editions of the programme Several important national partners joined us during these years: Kaufland Romania, E.ON Romania, Amway Romania, DPD, Telekom, Europa Fm, Kiss Fm, and many more.
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The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Yes 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Yes 

Commits to promoting an enjoyable social and motivational climate

Yes 

Name of the initiative

Rugby pentru toti (Rugby for all)

Information provided by

Mihai Androhovici

Administering organisation(s)

Te Aud România

Developed in

Romania

Link

<https://www.teaudromania.com/ro/acasa/>

Target group(s)

Children and adolescents (5-17 years old)








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Te Aud Romania uses sports and interactive learning to encourage discipline, integrity, teamwork and honesty. We believe that sport should be a part of every child's life from an early age. The project provides support for talented young people from disadvantaged backgrounds and helps them to develop their skills optimally, both on and off the rugby field. Rugby for All, a mentoring programme offered as a complex annual part of non-formal education, currently supports 40 young people from the Suceava Region, encouraging their social integration, opportunities and development.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Pluspunkt Gesundheit

Information provided by

Heidrun Krämer and Herbert Hartmann

Administering organisation(s)

German Gymnastic Federation, German Olympic Sport Confederation

Developed in

Germany

Link

www.dtb.de/pluspunkt-gesundheit
www.service-sportprogesundheit.de

Target group(s)

All people, who may benefit from preventive health-enhancing physical activities, particularly sedentary people







Type of initiative

Developing specific SCforH (or related) strategies or plans

Short description of the initiative

“Pluspunkt Gesundheit” is a quality certificate granted for health-enhancing exercise programmes in gymnastic sports clubs that meet specifically defined quality criteria. These programmes target group-oriented clubs that feature specially educated instructors, standardised organisational structures, preventive health checks, appropriate quality management, cooperation and networking. “Pluspunkt Gesundheit” helps clubs to determine whether they offer quality-approved health-enhancing sport activities. All “Pluspunkt” courses are listed in a publicly accessible, online database, so that anyone can find a suitable health sport offer in their neighbourhood. Each “Pluspunkt” is valid for 3 years, and 4200 valid courses are currently offered. The quality certificate was developed by the German Gymnastic Federation (DTB) in 1995; today, it is also available to many sports clubs under the name “Sport pro Gesundheit”. Sport Pro Gesundheit is administered by the German Olympic Sports Confederation (DOSB) in coordination with the DTB. Health insurance companies fund certified courses by offering course fee reimbursement, if these courses are evaluated by the “Central Evaluation Institution Prevention” (ZPP) and meet specific quality criteria (e.g. standardised programmes).

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

AuF-Leben

Information provided by

Heidrun Krämer and Herbert Hartmann

Developed in

Germany

Administering organisation(s)

German Gymnastic Federation in cooperation with local sport-clubs and respective community administrations, funded by health insurance company “GKV-Bündnis für Gesundheit”

Link

<https://www.dtb.de/auf-leben>

Target group(s)

Inactive elderly people (60+ years of age)







Type of initiative

Raising awareness of SCforH (or related) principles or initiatives; Developing specific SCforH (or related) projects or activities

Short description of the initiative

“AuF-Leben” is a project that has been developed to motivate elderly people (60+) to include more health-enhancing physical activity in their daily lives. A special focus is placed on inactive people who have health risks and restricted movement. The activities have been designed to encourage a more active lifestyle and joy in performing physical activity. Sport clubs offer activities for free, such as community walks or public gymnastic lessons (e.g. in a church yard where everyone is welcome). In addition, the project has set an important goal to support communities by promoting and maintaining the activity level, health status and independence of their elderly citizens sustainably. For this reason, the community administration chooses places in the community that make it is easier for elderly people to include more physical activity into their daily life together with the participants. These can include measures like building a sidewalk that offers enough nearby seating or creating circular walking paths through green spaces and including distance (km) markers. The project was initiated in 2019 in 10 German communities and will end in 2022. The evaluation report is currently being written.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	No 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Bewegen statt schonen (Don't rest, but move)

Information provided by

Herbert Hartmann

Administering organisation(s)

German Gymnastic Federation

Developed in

Germany

Link

<https://www.dtb.de/standardisierte-programme/programme/bewegen-statt-schonen>

Target group(s)

Adult sedentary people (beginners in sport)








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

“Bewegen statt schonen” is a health-enhancing exercise programme for body strengthening. The concept of this course emphasises the use of complex functional stretching, strengthening and stabilisation exercises, as well as exercises to promote natural and healthy posture and movement, treating the spine as part of a whole-body posture concept. The holistic aspects of back training are taken into account in playful and diverse ways through body perception exercises, senso-motoric elements, mobilisation, relaxation, short games and information about posture and the back. An overall focus is placed on increasing the amount of exercise, encouraging participants to enjoy exercise and develop active and healthy lifestyles. The course includes 12 practical lessons (90 minutes each). The programme meets the quality criteria set by the health insurance companies and has been recognised by the “Central Evaluation Institution Prevention” (ZPP), which evaluates course programmes offered by sport clubs that apply for course fee reimbursement. The instructors receive a comprehensive course leader manual with lesson plans, course leader teaching material, as well as documents for the participant and forms for organizing/carrying out the course and for cooperating with health insurance companies.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Jackpot.fit

Information provided by

Albert Strehn and Sylvia Titze

Administering organisation(s)

Social Security Service for Entrepreneurs and organised sports

Developed in

Austria

Link

www.jackpot.fit

www.mdpi.com/1660-4601/15/1/134

www.mdpi.com/1660-4601/16/13/2362

Target group(s)

Physically inactive adults (35-65 years old)

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Physically inactive adults are frequently unable to increase their physical activity on their own. Therefore, a standardised physical activity programme has been developed and is offered in local sports clubs.


The participant recruitment process takes place in health resorts, through medical counselling, referrals from the social security agencies as part of disease management or prevention programmes, or local community announcements. During the first semester, participants can attend the Jackpot.fit programme for free. Each session includes endurance and strength training and offers information on how participants can successfully change their health behaviour. The trainers are often staff of the sports club and undergo a specific Jackpot.fit training.

We evaluate whether and insofar the participants have modified their health behaviour during the first semester, and consider how the Jackpot.fit programme should continue to achieve best results, assess the quality of delivery in the programme, and how the physical activity behaviour has changed.

In 2015, the Jackpot.fit programme was initiated in one Austrian state. Once the programme's effectiveness had been demonstrated, the programme was gradually offered in all nine Austrian states.

During the Jackpot.fit programme implementation process, we also raise awareness for the SCforH principles in the sports clubs.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	No 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Qualitätssiegel für gesunde Bewegung und Sport im Verein (Quality Badge for healthy movement and sports in clubs)

Information provided by

Werner Quasnicka

Developed in

Austria

Administering organisation(s)

“Fit Sport Austria” on behalf of the three sport-for-all federations ASKÖ, ASVÖ and SPORTUNION

Link

www.fitsportaustria.at

Target group(s)

All age agroups

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Since 2006, a network of 30 HEPA coordinators in the three sport-for-all federations ASKÖ, ASVÖ and SPORTUNION have been responsible for offering HEPA activities in sports clubs, in addition to other responsibilities, and for strengthening this pillar of sport club activities. The Fit for Austria network (since 2014 FIT SPORT AUSTRIA) also cooperates with members of the health sector to improve health promotion in the sports sector. Since 2006, the network has helped clubs increase the quality and quantity of their health-oriented physical activity courses. A Quality Badge is awarded to courses that fulfil special administrative requirements (qualified and competent personnel) and have appropriate content and coach qualification. The 2008 EU Physical Activity Guidelines named the Quality Badge programme as an example of good practice. Currently, nearly 9,000 health-oriented physical activity courses that meet the Quality Badge criteria are being offered in Austria. One key aim of FIT SPORT AUSTRIA is to improve public health and reduce the burden on the health system by encouraging physical activity and exercise. Due to continuous efforts in this sector, the Quality Badge has become vital for several other HEPA developments, such as co-operation with health insurance companies (e.g. Jackpot.fit and Active in the Park) or media companies. The national legislation adopted in 2015 resulted in a specific FIT SPORT AUSTRIA objective: to include daily physical activity lessons in the school curriculum, with these lessons being provided by local sports clubs and their qualified coaches. For this reason, sports clubs have become active in local schools, and their staff are providing daily sports activities for children of kindergarten age up to adolescents in secondary schools.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Fun with a rope – bringing people together

Information provided by

Ausra Nesteroviene

Administering organisation(s)

Lithuanian country sports and culture association NEMUNAS

Developed in

Lithuania

Link

<https://lkska.lt/>

Target group(s)

All age agroups








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

FUN with a rope physical activities encourage both young and elderly people to include more health-enhancing physical activity in their everyday lives. These activities have also been developed to find other activities that bring people of different ages together, help them build trust, have fun and become more fit. The programme improves the participants' physical abilities such as their coordination and strength. Participants can discover the social advantages and the attraction of physical activity. Participants learn how to use simple equipment as rope to organize physical activities together, whether they are young or old, how to trust each other, and how to communicate more effectively.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Mendje e Qeshur (Smiley Mind)

Information provided by

Xheni Dimraj

Administering organisation(s)

Federata Shqiptare e Sportit Shkollor

Developed in

Albania

Link

www.mendjeeqeshur.org/
www.mendje-e-qeshur-school.thinkific.com/
www.instagram.com/mendjeeqeshur/
www.facebook.com/mendjeeqeshur

Target group(s)

Children and adolescents, teachers and parents








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The overall goal of the project is to improve the health and well-being of children aged 3-18 on four levels. Specifically, two main project goals are to provide all schools with children that understand the Albanian language with an easily accessible, online guide package of exercises and to teach them how to cooperate effectively based on to the children's physical initiative directives listed in the PISA Programme Well-being_Infographics_OECD and 2014 Platform 'Physical Education Scientific Platform in the Pre-University Education System in Albania' for children aged 3-18. MQ's mission is to increase physical education and wellness in the pre-university education system and to encourage the healthy, metabolic, functional and structural formation of children. This serves as a practical guide for establishing the basic development of mindfulness, physical and sports education. In turn, this guarantees physical, psychological, intellectual, economic, and productive growth, as well as social progress, and ensures the healthy wellbeing of society. In addition, this mission can help with "Abolishing bullying" by creating a new, healthy mindset. The MQ website has had 1785 visitors, and the viewers have accessed the website 2579 times.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Të shëndetshëm me sport, të ushqyer me art (Healthy with sports, nourished with art)

Information provided by

Xheni Dimraj

Administering organisation(s)

Federata Shqiptare e Sportit Shkollor

Developed in

Albania

Link

<https://fshssh.al/en/events/healthy-with-sports-nourished-with-art/>

Target group(s)

Kindergarten (age 3-6 years)

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Every year, we organize the event 'Healthy with sports, nourished with art'. Last year, this event took place on December 14, 2021, at the Stadium "Selman Stërmasi" in Tirana. This event was attended by:

- 600 kids aged 3-6 (games, biking, rope games, dancing, running, painting)
- 50 kindergarten teachers from Tirana
- 10 PE members from FSHSSH

The event was supported by local actors:

- Ministry of Education and Sports
- General Directorate of Nurseries and Kindergartens
- Directorate of Development and Care
- Kindergarten Administration Sector
- Tirana Football Club, the Municipality of Tirana

Each kindergarten selects a representative that can help the children gain better skills in visual arts, painting, cycling and running. By practicing PA, we teach kids to:

- take part in physical activities from an early age,
- have an improved body image
- learn how to eat more healthy food
- make new friends
- have fun and enjoy sports and the arts
- enjoy and take care of nature and the environment
- create a sense of well-being

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Shkolla si qendër komunitare Sabahudin Gabrani (Sabahudin Gabrani school, a community center)

Information provided by

Xheni Dimraj

Administering organisation(s)

Federata Shqiptare e Sportit Shkollor

Developed in

Albania

Link

<https://fshssh.al/en/events/shkol-la-si-qender-komunitare-sabahudin-gabrani/>

Target group(s)

Children (age 5-11 years) and children with different abilities and social needs








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The Municipality of Tirana, Albanian School Sport Federation and Sabahudin Gabrani School are contributing to supporting the project 'School as a community center'. The overall objective of this project is to use gyms and other spaces as active spaces where elementary and high school students can perform physical activities after school and on holidays. This educates individuals about and increases the frequency of group sports in Tirana. This project follows the project "Sport for all", FSHSSH, which is led by Prof. Assoc. Dr. Rauf Dimraj and Gjergji Çikopano, President of the Association of Physical Education and School Sport Tirana. These actors will help integrate the scientific platform "Platform of Physical Education in the Pre-University Education System" and develop physical activity among the Albanian youth. Gjergji encourages and motivates children aged 5 - 11 to become actively involved in football and basketball.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Integrated projects

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti

Developed in

Italy

Link

<https://www.uisp.it/rovigo2/pagina/progetto-integrato-le-attivita>

Target group(s)

People aged 55+ years







Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The initiative is comprised of a series of integrated activities aimed at people with different level of abilities. This idea was conceptualised by the UISP committee of Rovigo (Veneto) and has been applied by a large group of committees and clubs all over the Italy. The main proposed activities are AFA (Adaptive Physical Activity, for people with different abilities) in the gym and swimming pools, gymnastics, walking groups, and fit and walk groups.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Not applicable 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Summer Camps

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti

Developed in

Italy

Link

<https://www.uisp.it/nazionale/pagina/come-stanno-i-bambini-verso-i-centri-es-tivi-multisport-2022>

Target group(s)

Children and adolescents (age 3-14 years)








Type of initiative

Developing specific SCforH (or related) strategies or plans

Short description of the initiative

Uisp defined its proposal for the summer camps (June - September) two years ago, developing this specifically to meet the health needs of young people. In fact, UISP Summer Camp activities include games that encourage physical activities and a healthy diet. The young participants are involved in activities that use games to communicate principles of correct movement and diet.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Pillole di Movimento

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti

Developed in

Italy

Link

<https://www.uisp.it/progetti/pagina/pillole-di-movimento-en>

Target group(s)

All age groups

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Goals: To promote physical activity that encourages the movements “walking / running, swimming, cycling, dancing” on a monthly basis for free; offset risks due to inactivity; indicate that sporting activity can be a powerful tool that helps social inclusion and supports the removal of socio-economic, psychological and physical ability barriers; consolidate networks among city administrations, local health authorities, social services, Uisp, and affiliated sports associations.

Project activities: In order to promote physical activity as a natural medicine that can help to prevent and / or reduce the likelihood of developing pathologies associated with a sedentary lifestyle, UISP has created a box that encourages people to supplement current medications with a free month of physical activity. As well as the medication, the “movement pills” are prescribed by the pharmacist. The Movement Pills programme has already been in place for 10 years near Bologna and in the province. In this project, we want to extend the reach throughout the nation by distributing the “MOVEMENT PILLS” boxes in 32 municipalities and areas. The box contains a leaflet with a message from the Ministry of Health that describes the advantages of physical activity and explains how participants can experience a month of physical activity in the gym and swimming pool for free. The leaflet also provides a list of sports clubs that support the project, contact details so that participants can find out when the activities (and which ones) will take place, and the full list of activities (cardio fitness, sweet gymnastics, dances, water activities, etc.) that the companies offer. Finally, the leaflet provides hyperlinks and codes that enable participants to access interactive online lessons for alternative physical activities, if citizens do not immediately find offers of interest to them in their area, or are unable to visit an activity location (due to quarantine or of COVID-19 regulations). Finally, participants can install a WebApp and view the contents in the Movement Boxes (i.e. those of an informative nature and the online courses for physical activity), which makes it easier for them to search for the closest activity using the filter options.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Not applicable 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Not applicable 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Programma di attività nelle scuole su sana alimentazione e attività motoria

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti

Developed in

Italy

Link

<https://www.uisp.it/settimocirie/files/principale/Progetto%20GNAM%202015.pdf>,
<https://www.uisp.it/empoli/pagina/progetto-diamoci-una-mossa>

Target group(s)

Primary school children








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Based on the project “Diamoci una mossa”, Uisp local committees are promoting an activity programme created for primary school children which helps them to learn about correct diets and physical activities. In this activity programme, the involvement of the schools and families of the children is vital. They are asked to complete a diary of their movements and the food they eat in order to help them to understand how the programme works. The activities are proposed to the children through games, drawings and related items.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Matti per il calcio

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti

Developed in

Italy

Link

<https://www.uisp.it/nazionale/pagina/matti-per-il-calcio-grandiniziative>

Target group(s)

People with mental discomfort

Type of initiative

Developing specific SCforH (or related) strategies or plans

Short description of the initiative

During the year, the UISP local committees organises several football tournaments that involve people with mental disabilities as well as health care personnel. In autumn, (usually in September), the teams enter the final phase together. Regular football training is provided for the participants, who strive to overcome social marginalisation by playing football matches.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	No ✗
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Piano Caldo Roma

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti (Roma)

Developed in

Italy

Link

<https://www.uisp.it/nazionale/pagina/piano-caldo-con-luisp-roma-anche-gli-anziani-in-movimento>

Target group(s)

People aged 60+ years








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

In summer 2021, in addition to summer camps, Uisp Rome organised a set of activities dedicated to elderly people. These activities helped them to escape the summer heat in town, and perform physical movement in public free spaces, including water gymnastics in the swimming pool and gymnastics to improve posture outdoors. The participants were divided into two groups (one for Monday and Wednesday and the other for Tuesday and Thursday) and engaged in PA two times a week in the mornings from 8 to 12. The PA included a non-intensive form of water gymnastics as well as posture-improving gymnastics outdoors. The courses lasted from three (minimum) to 8 weeks (maximum) and were offered in July, August and September.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Danceability

Information provided by

Paola Palombo

Administering organisation(s)

Unione Italiana Sport Per tutti (Roma)

Developed in

Italy

Link

<https://www.uisp.it/nazionale/pagina/danceability-con-luisp-roma-scopriamo-larte-dello-stare-insieme>

Target group(s)

All age agroups








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Uisp Rome usually organises a programme called DanceAbility, which is open to the public. DanceAbility allows everyone to dance. In a generic dance class, various techniques are taught, and those who learn dance can acquire an awareness of the body and soul. By gaining this sense of awareness, the participants learn that every body tells a story. DanceAbility is a dance that teases out the story that has remained contained within a body and brings out all of the emotions related to particular situations through sensitivity and contact. The overall goal, therefore, is to encourage the participants to 'tell' these stories with their bodies and encourage personal growth.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Cycling is a Democratic Human Right

Information provided by

Adnan Cangir

Administering organisation(s)

ENVERÇEVKO

Developed in

Türkiye

Link

<https://www.facebook.com/groups/280997773730637>

Target group(s)

All age agroups







Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

20 cities were invited to join this project, and it was carried out in 12 cities. The project emphasised cycling awareness and explained why we prefer bicycle transportation, as well as raised awareness about the importance of using bicycles to protect the environment and to improve health. For this purpose, 5 public sports were developed by related stakeholder cities and project stakeholder NGOs. Relevant institutions were encouraged to develop this project work and prepare a policy and action plan.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Not applicable 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Cycling Culture

Information provided by

Feridun Ekmekci

Administering organisation(s)

The Federation of all Cycling Associations (TUBİDEF)

Developed in

Türkiye

Link

<http://tubidef.org.tr/>

Target group(s)

All age agroups








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

In this project, a federation to support the cycling culture was established by associations in different cities. Initially, efforts were made to disseminate information about the cycling culture and tourism activities related to cycling in 7 different cities. This federation is a new, having been established in 2021. Project development, policy development, field and awareness studies for the cycling culture and cycling tourism will be carried out with experienced member associations.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Not applicable 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

United through Urban Movement

Information provided by

Cynthia Debono

Developed in

Hungary

Additionally implemented in

Malta, Portugal, Scotland

Administering organisation(s)

Budapest Association for International Sports, Hungary (Project Coordinator), Magyar Parkour Sportegyesület (Hungary), LEAP Sports Scotland (UK), Malta Street Sport Association (Malta), Sport Evolution Alliance (Portugal)

Link

<https://www.urbanmovement.info/?fbclid=I-wAR1wfZr5JDS-gWFF8WXbMBUBE9-rh-dHJOoa2NuvETtpBVpsspsNCDngvXqKc>

Target group(s)

Young people

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The project and its name illustrate and promote the idea of social inclusion and integration by including the word “united”. The aim of this project is to express the idea that physical activity unites everyone. “Urban movement” is related to urban sports, but the word “movement” is broader and more accessible. People living in urban environments move like this every day. “Movement” also represents the social movements of the participants, staff, volunteers, and individuals in broader society. The word “through” is used to demonstrate that, through sport, we can achieve mobility, increase inclusiveness, and convey the benefits of volunteerism. We believe that this idea resonates with the idea of “education through sport”. This activity was initiated in Hungary and is also being carried out in Malta, UK, and Portugal.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Not applicable 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Yes 

Commits to promoting an enjoyable social and motivational climate

Yes 

Name of the initiative

Stirnu Buks (Roebuck)

Information provided by

Feridun Ekmekci

Administering organisation(s)

Biedriba "Engures Sportam"

Developed in

Latvia

Link

<https://www.stirnubuks.lv/?en>

Target group(s)

Children and adolescents (5-17 years old)
and adults (18-64 years old)








Type of initiative

Developing specific SCforH (or related)
projects or activities

Short description of the initiative

The trail-running series "Roebuck" was founded in order to bring sports opportunities to nearly every Latvian village. Around 12 trail running events are organised annually throughout the country. The running paths take participants through highly picturesque places, gently passing through forests, cultural, historical and ancient ancestral sites and unique natural features, which many participants may not have never seen before.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Tennis på studs (Tennis on the bounce)

Information provided by

Aila Ibanez Mengüç

Administering organisation(s)

Öviks Tennisklubb

Developed in

Sweden

Link

<https://youtu.be/mMiiSaf2V5o>

Target group(s)

Senior citizens aged 65+ years

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The Öviks tennis club has created an initiative for senior citizens that offers activities geared toward engaging more people to help them become and remain physically active. Together with the pensioners' organisations, the tennis club invites new seniors to take part in the tennis club's activity: "Tennis on the bounce". The club offers adapted activities; the game has been optimised so that it is calmer and a stronger focus is placed on the social aspects of the game. Both women and men participate (50-50), and the activities have been greatly appreciated by the participants.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Örkelljunga After School

Information provided by

Kristin Ekblom

Administering organisation(s)

Örkelljunga Volleybollklubb

Developed in

Sweden

Link

https://youtu.be/QE_uKGuCSno

Target group(s)

Children and adolescents








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The aim of the initiative After School Örkelljunga is to encourage more children to actively join and participate in sports associations. This will help to improve their physical and mental health and reach children and youth who do not yet actively take part in sports. The activities result from a collaboration between local sports clubs and schools. These are coordinated by the city's Culture and Leisure Coordinator. This collaboration enables sports clubs to offer after-school activities at schools in the region. Today, all primary schools in the city take part in these activities, meaning that local sports clubs can let students try out certain activities for a few weeks. Once a sports club has visited a school for several weeks, the associations rotate and visit a new school. During the autumn of 2021, for example, Örkelljunga tennis club gained 10 new members by participating in the initiative.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Project 'Health in the professional setting' – The Nudge Program

Information provided by

Guy De Grauwe

Administering organisation(s)

TVH Parts Holding NV

Developed in

Belgium

Link

www.tvh.com

Additionally implemented in

Australia, Brasil, Canada, France, Germany, Italy, Malaysia, Middle East, Mexico, New Zealand, Poland, Russia, Singapore, South Africa, Türkiye, UK, USA

Target group(s)

Company workers

Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative




Promoting health in a professional setting encourages staff to make healthy choices each and every day. This ensures that such actions become a habit and creates a human corporate culture that directs both positivity and energy towards the collaborators inside and outside the company. This project was initiated in Belgium and has been introduced in Mexico, Brazil, USA, Canada, South Africa, Middle East, Australia, New Zealand, Singapore, Malaysia, Türkiye, Italy, France, Germany, Russia, Poland and the UK. Three themes are chosen from among various general themes, including nutrition, movement, sedentary behaviour, alcohol and drugs, mental wellbeing and smoking. Based on the three themes chosen, new themes emerge, including sleep, connection (i.e. during the COVID-19 pandemic) and happiness. Certain initiatives recur worldwide, such as the One Day Challenges and the Global Walking Challenge.

In the last couple months of 2021, the theme of 'happiness' was developed. A lecture on happiness was provided, and a happiness tracker was proposed. This enabled the provision of an evidence-based tip via an app, highlighted every week, that could help to promote personal happiness. A photobooth was provided in each company division, and staff were encouraged to take a picture of something small that made them happy. The resulting series of pictures was then displayed in the different divisions, and a small compilation video was created. The overall messages were to focus on the positive, that happiness is a choice, and a reminder for staff not to focus on the negative or what goes wrong.

The theme of 'wellbeing' was also highlighted. To do so, the company sent out wellbeing mails, proposed XXL yoga sessions, printed an informative brochure, and offered access to a specific TVH library containing books about resilience.

Last year in Belgium, 1010 colleagues participated in registered Nudge activities. If we include participation in the less easily measurable activities (e.g. the awareness campaigns, healthy lunches), the number of 1010 participants was even exceeded.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	No 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Walking Football

Information provided by

Jan Seghers

Administering organisation(s)

Voetbal Vlaanderen

Developed in

Belgium

Link

<https://www.voetbalvlaanderen.be/competitie/veldvoetbal/veldvoetbal-oldstars/oldstars-clubs>

Target group(s)

People aged 55+ years








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Walking football is a form of football that encourages people over the age of 50 involved with football. This is especially helpful if they cannot play the traditional game due to a lack of mobility or for another reason. The sport can be played both indoors and outdoors.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Sports for All (Αθλητισμός Για Όλους) Mass Sports Programme

Information provided by

Tena Matolić

Administering organisation(s)

Ministry of Education, Culture, Sport and Youth, Cyprus Sport Organisation

Developed in

Cyprus

Link

<https://ago.org.cy/>

Target group(s)

All age and social groups

Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

The main goal is to encourage citizens to practise healthy sports. The programme has different missions: sport, social, cultural, educational, and recreational missions. It is directed toward different social groups, regardless of their ethnicity, sex, age, social position, health status, educational or economic status.

The main programme objectives are:

- Encouraging life-long physical activity and exercise.
- Improving physical and mental health.
- Strengthening character and developing a personality that supports the spirit of fair play and sportsmanship.
- Offering sport education for people, and mainly children, that eliminates violence in sports.
- Encouraging a healthy pastime for young people and helping them to avoid forming bad habits or using drugs and reducing the crime rate and other social problems.
- Improving social cohesion, tolerance and understanding among citizens by offering physical activity programmes.

This programme includes general sports programmes, specialised programmes, male-female sports, programmes for the elderly, and programmes for people with disabilities. Many events are organised through the programme. A platform has also been created where people can practice various sports and exercise. <https://ago.org.cy/platforma>

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Don't know ?
Poses no or minimal health and safety risks	Don't know ?
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Leadership Development Programme

Information provided by

Tena Matolić

Administering organisation(s)

Peace Players Cyprus

Developed in

Cyprus

Link

<https://peaceplayers.org/cyprus/>
<https://peaceplayers.org/middle-east/>

Additionally implemented in

Middle East (Israel, Palestine Self-Government), Northern Ireland, South Africa, USA

Target group(s)

Youth aged 15 years and above








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The initiative PeacePlayers Cyprus (PP-CY) tackles the inter-ethnic conflict between Cypriots of Greek and Turkish origin through sports (basketball) reconciliation programmes. These programmes are led by the global network of PeacePlayers, who strive to reconcile the conflicting sides based on the idea that children can learn to live, learn and build peace together by playing sports with each other. The activity was initiated in Cyprus and is also offered in South Africa, Northern Ireland, the Middle East (Israel, Palestine Self-Government), and the United States. The sports activities are performed regularly throughout the entire school year.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Skills for You(th) through Sport (SK4YS)

Information provided by

Melanija Strika

Developed in

Sweden

Additionally implemented in

Cyprus, France, Hungary, Slovenia

Administering organisation(s)

ENGSO Youth, Oltalom Sport Association, Budapest Association for International Sports, European Observatoire of Sport and Employment, Cyprus Youth Council, EUSA Institute

Link

<https://www.youth-sport.net/sk4ys>

Target group(s)

Young people, with an emphasis on NEETs (not in employment, education or training)








Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

A transnational initiative of European sport and youth organisations, as well as educational institutions, that raise awareness about the soft skills and competences that young people can build and gain through sport practice. The initiative also helps to build the capacity of sport and youth organisations and provide them with support as they build sport-based employment programmes. People are increasingly recognising that young people who are not in employment, education, or training (NEETs) programmes can develop and acquire transferable soft skills that through sport, which serves as an added value of this project. The activity was initiated in Sweden and is also being offered in Hungary, France, Cyprus, and Slovenia.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Sport 4 Life NEETs Programme

Information provided by

Melanija Strika

Administering organisation(s)

Sport 4 Life UK

Developed in

United Kingdom

Link

<https://sport4life.org.uk/>

Target group(s)

Young people, NEETs (not in employment, education or training), of various ethnic backgrounds, from one of the poorest areas in Birmingham, UK

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The initiative/programme has been created to address young people who are NEETs (i.e. not in education, employment, or training programmes), who live in one of the poorest areas of Birmingham, UK, and who mostly belong to ethnic and cultural minority groups. This programme provides them with a chance to access sustained education, training, or employment by improving their employability and key life skills through sports.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Don't know 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Street Layer

Information provided by

Melanija Strika

Administering organisation(s)

Molde FC, Molde Municipality, and Football Foundation

Developed in

Norway

Link

<https://www.moldefk.no/samfunnsansvar/gatelaget>

Target group(s)

People with substance abuse and mental health challenges


Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

MFK's street team is a joint project that also goes under the name Street Layer. This project is a collaboration between the Football Foundation, Molde Municipality and Molde Football Club. The street team primarily offers a daytime sport option for addicts in Molde who like to play football and enjoy being part of a team. The street team can also serve as a platform for work training and brings the participants one step closer to ordinary work. The club is striving to contribute to society by providing addicts with a way to take part in a physical activity with a team-game culture that supports the club's values. People dealing with substance abuse and facing mental health challenges need to take part in meaningful activities that help them to have something to look forward to and experience success. The beneficiaries train twice a week. The street team is not part of a series, but they take part in training matches and cups throughout the year by playing against the collaboration partners, friends and others. Twice a year, all the street teams in Norway affiliated with the Football Foundation come together for the championships and take part in the preliminary rounds, playoffs and banquets. The withdrawal occurs one week before departure, and players who have attended most frequently are given priority. The idea of developing street teams in top Norwegian football clubs was first launched in Fredrikstad in 2011, based on an English football model. Today, 14 teams exist: Asker, Stabæk, Start, Vålerenga, Brann, Haugesund, Strømsgodset, Sandefjord, Viking, Ham-Kam, Lillestrøm, Odd, Fredrikstad and Moss. The clubs cooperate with the city authorities.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

“Children’s rights in sport” and “The provisions on children’s sport”

Information provided by

Melanija Strika

Administering organisation(s)

Norwegian Olympic and Paralympic Committee and Confederation of Sports

Developed in

Norway

Link

<https://www.idrettsforbundet.no/english/childrens-rights-in-sports/>
https://www.idrettsforbundet.no/contentassets/482e66e842fa4979902ec-c77f0c05263/36_17_barneidrettsbestem-melsene_eng.pdf

Target group(s)

Children








Type of initiative

Developing specific SCforH (or related) strategies or plans

Short description of the initiative

The overarching, programmatic documents of the Norwegian Olympic and Paralympic Committee and Confederation of Sports affirm their commitment to putting the needs and participation of children at the heart of all their activities. They express values that form the basis for children’s sports in Norway. They also communicate eight rights and underline the importance of participation, safety and joy of sports for every child. These rights were first adopted by the General Assembly in 2007 and are based on the UN Convention on the Rights of the Child.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club’s standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Doorstep Sport Clubs (DSCs)

Information provided by

Melanija Strika

Administering organisation(s)

Street Games UK

Developed in

United Kingdom

Link

<https://www.streetgames.org/>

Target group(s)

Disadvantaged 14-25 years old youngsters who are not members of any other sports club, and are NEETs (not in employment, education or training)

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The initiative enables disadvantaged youths to learn valuable skills, such as teamwork, communication, respect, patience and improved self-confidence. The organisation's successful volunteering programme develops these traits even more strongly, converting them into winning leadership skills. This, in turn, encourages young people to communicate with their peers, organise social activities, and speak confidently in large groups.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Yes 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Don't know 

Commits to promoting an enjoyable social and motivational climate

Yes 

Name of the initiative

Football4 Good (F4G) Fair Play Football Roadshow + football3 mediator training

Information provided by

Paola Palombo

Administering organisation(s)

Oltalom Sport Association (OSA)

Developed in

Hungary

Link

<http://www.utcaifoci.hu/>

Target group(s)

Primary school children








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The initiative was created to use sport as a tool in order to increase self-esteem and promote healthy lifestyle among people from disadvantaged backgrounds. OSA is an official partner of the Homeless World Cup and a member of the streetfootballworld network. Since 2012, OSA has run its own initiative called Fair Play Football Roadshow; this strives to reduce the existing social stereotypes and to support dialogues between opposed social groups. Games are played using a special method called Football3, which is especially useful for social groups that are experiencing conflict. The methodology supports the development of problem-solving skills, assertive communication, the ability to compromise, cooperate, exhibit patience, and the capacity for active listening.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Don't know 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Don't know 

Name of the initiative

ADPS / PLAY / BOOTCAMP

Information provided by

Melanija Strika

Administering organisation(s)

Associação CAIS

Developed in

Portugal

Link

<https://www.cais.pt/play/>

Target group(s)

Marginalized people of the Portuguese society, from Lisbon and Porto, aged 18 and up (e.g. homeless people, people living in extreme poverty)








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The sport used by CAIS is street football. The beneficiaries engage in educational and personal/social development activities (ADPS) that strengthen their soft skills (management of emotions, improvement of verbal and non-verbal communication, punctuality, motivation, resilience, teamwork, cooperation). The second phase includes programmes such as “Both Play” and “Bootcamp”. These improve the hard skills and are offered 4 to 6 times a week, using non-formal education methods as a basis. Once the beneficiaries finish these phases, they engage in job-related training offered by the companies that support CAIS and they receive a placement. The process is supported by the CAIS team and volunteer mentors who help the beneficiaries from the time they enter the programme through the first 18 months on the job market.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Déclics Sportifs

Information provided by

Melanija Strika

Administering organisation(s)

Agence pour l'Education par le Sport

Developed in

France

Link

<https://educationparlesport.com/>

Target group(s)

Young people from 18 to 35 years of age practicing a physical activity or sport and wishing to enter the job market








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The programme has been created to raise the awareness of young people about soft skills that can be gained through sport and to help them enter the labour market. It also places a focus on several soft skills that can be gained through sport, such as motivation, persistence, conflict management, communication, competitiveness, teamwork and leadership. Theatre classes are also organised to hone skills such as self-esteem and confidence. In addition, young people can meet with company representatives to learn specific hard skills related to their jobs (e.g. in the banking industry, hospitals). The most popular sports are football, boxing, fencing, swimming, handball, basketball and dancing.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Sports Program

Information provided by

Melanija Strika

Administering organisation(s)

Sport dans la Ville

Developed in

France

Link

<https://www.sportdanslaville.com/en/les-programmes/sport-et-pedagogie>

Target group(s)

Young people from 6 to 25 years of age








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Throughout the year, the Sport dans la Ville offers young people free sports sessions on Wednesdays. These sessions are supervised by educated and qualified sports training professionals (coaches). The sports offered include basketball, soccer, sports dance and tennis, while other sports are also offered, such as street workout and cardio boxing, in some Sport dans la Ville centres.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

La Course de la Diversité (Run For Diversity)

Information provided by

Amandine Jarry and Cameron Humphrey

Administering organisation(s)

Fédération Française du Sport d'Entreprise

Developed in

France

Link

<http://www.lacoursedeladiversite.com/>

Target group(s)

Adults in companies

Type of initiative

Raising awareness of SCforH (or related) principles or initiatives








Short description of the initiative

This programme promotes sport and physical activity within the workplace. The goals are to:

Show company leaders the importance and benefits of having an active and healthy workforce; show employees the advantages in- and outside of the workplace of having regular access to sports and physical activity; use sport to showcase and encourage diversity in the workplace whilst also discouraging discrimination; encourage participants to run/walk solo and support their diversity values alone or in pairs. The latter choose one of the following three diversity categories: mixed, handicap and intergenerational. This run/walk has not been organised to encourage elite performance, as it covers two circuits of 3 and 6 km. These circuits can be run or walked, since the level of physical activity needs to be adapted to the participants. The participants do not need to adapt to the level.

This programme also encourages inter-company exchange and networking on the same occasion (running/walking event), as a total of 444 companies to have taken part in the venue since 2014. Many cities in France have organised this event, and each race organisation chooses to allocate the money it has earned to an association, for example, which helps to promote diversity and the access of people to employment.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

E-Course de la Diversité (E-Run for Diversity)

Information provided by

Amandine Jarry and Cameron Humphrey

Administering organisation(s)

Fédération Française du Sport d'Entreprise

Developed in

France

Link

<http://www.lacoursedeladiversite.com/>

Target group(s)

Adults in companies

Type of initiative

Raising awareness of SCforH (or related) principles or initiatives








Short description of the initiative

The Run for Diversity has been effectively performed throughout France and with many companies. However, many companies based in different cities and countries simultaneously have found it either extremely expensive to have everyone attend the event or unfair to only have part of the company participate.

In order to accommodate these larger companies, the E-Run has been created as an event that is identical to the Run for Diversity in terms of its ideology and objectives. The former run, however, takes place over the period of an entire week. Each participant will have receive information about the distance they have walked during the week transferred directly to the E-Run application loaded on their phone. They also can do timed runs over a 3 km/6 km distances as often as they want, but they can only submit one timed lap (usually the best timed run).

This run should be more inclusive, allowing both larger companies to take part, as well as participants who might not otherwise be able in the Run for Diversity to join by enabling them to choose to do so when they have free time.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Open School of Football (within the CFC Dinamo Football School)

Information provided by

Melanija Strika

Administering organisation(s)

CFC Dinamo Zagreb

Developed in

Croatia

Link

<https://skola.gnkdinamo.hr/otvorena-skola/>
(in Croatian), <https://skola.gnkdinamo.hr/en/open-school/>

Target group(s)

Pre-school and school children








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The Open School of Football is part of the CFC Dinamo Football School. This Open School offers recreational football activities for children and provides training sessions four times a week. The number of attendees has increased each year. Every football season, the young Dinamo Open School of Football teams participate in various competitions and tournaments. The best players then have a chance to join the Dinamo Football School as regular team members.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Open School of Football (within the CFC Osijek Football School)

Information provided by

Melanija Strika

Administering organisation(s)

FC Osijek

Developed in

Croatia

Link

<https://nk-osijek.hr/skola/otvorena-skola/>

Target group(s)

Pre-school and school children








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The Open School of Football is part of the FC Osijek Football School. This Open School offers recreational football activities for children. The best players then have a chance to join the Osijek Football School as regulars.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Zagreb Association of Sports Recreation “Sport for All”

Information provided by

Melanija Strika

Administering organisation(s)

Zagreb Association of Sports Recreation

Developed in

Croatia

Link

<https://www.sportzasve-zagreb.hr/index.php>

Target group(s)

All age categories, working people, retirees and people with disability

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The Zagreb Association of Sports Recreation consists of 20 societies of sports recreation in the City of Zagreb area. The Association is entrusted with creating and carrying out the City of Zagreb Programme of Public Needs in Sports. In part, this includes encouraging people to take part in sports recreation. The Programme “Sport for All” includes about 200 sports recreation programmes with activities offered in almost 100 locations in Zagreb, with approximately 8000 members and more than 30,000 beneficiaries. The movement “Sport for All” is a primary social category that helps individuals to explore a creative way and style of life, preserve their health and fulfil the basic human need for movement, physical activity, and play. The regular physical exercise programmes help to regenerate functional and working abilities, protect and improve the psycho-physical states of health, quality of life, socialisation and civil solidarity; improve the ability to work and be productive, reduce the use of medical leave of absence, decrease costs related to medical treatments and rehabilitation, and stabilise personal and interpersonal psycho-social determinants. Sports recreation is a vital need of contemporary individuals, especially in the urban environments. The ZASR “Sport for All” advocates networking healthcare systems, local city authorities, and sports for everyone, as well as physical exercise in the strict sense, in urban environments. The sports programmes include recreational swimming, REPLLeague (recreational swimming competition for the citizens of Zagreb who are members of the ZASR), Nordic walking, summer recreational sports programmes and online PA training.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Nordic Walking

Information provided by

Tena Matolić

Administering organisation(s)

Nordic Walking Club “Kävellä”

Developed in

Croatia

Link

<https://knhkavella.com/>, <https://www.facebook.com/knh.kavella1/>

Target group(s)

All age groups








Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

The Nordic Walking Club “Kävellä” promotes Nordic walking for all age groups, offering physiological, psychological, and health benefits.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Spirit of Sport - Olympic Day at School

Information provided by

Melanija Strika

Administering organisation(s)

Swiss Olympic Association

Developed in

Switzerland

Link

<https://www.swissolympicteam.ch/de/spirit-of-sport/olympic-day>

Target group(s)

School children








Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

Swiss Olympic offers schools access to ready-made sports and adventure modules that help them to prepare for and carry out school sports days and sports lessons. These can be applied individually or in combination and convey the values of the Spirit of Sport playfully: respect, friendship and performance. Together with sports associations and other partners, Swiss Olympic has developed sports and sport experience modules that help organisations prepare for and carry out school sports days and sports lessons. The offer is primarily aimed at cycles 1 to 3 and is continually being expanded. All modules playfully convey the Olympic values of friendship, respect and performance. These are also the students' learning objectives, which are essential not only in sport, but in all life situations. A focus is placed on the shared experience, the joy of movement and the joy associated with trying out new sports - in the spirit of move, learn, discover - the three pillars of Olympic Day. In order to classify the module within the overall school context, each module refers to Curriculum 21 (i.e. the project of the German-speaking Swiss Education Directors Conference (D-EDK)). The aim of this Curriculum is to harmonize the goals of primary schools in the 21 cantons of German-speaking Switzerland by forming a common curriculum or generally accepted curriculum.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Star Club programme

Information provided by

Matleena Livson

Developed in

Finland

Administering organisation(s)

Finnish Olympic Committee together with national sports federations and regional organisations

Link

<https://www.olympiakomitea.fi/seuratoiminta/tahtiseura-ohjelma/tahtiseurat-quality-programme-for-sports-clubs/>

Target group(s)

Sport club members in all age groups








Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

Initiated in 2018, the Star Club programme is a national quality assurance programme for improving sports clubs in Finland. This national quality programme involves all sports clubs that work with children, youth and adults, as well as elite athletes. The SCforH guiding principles are integrated into the quality criteria for children, youth and adults. Official audits are conducted to verify whether the associated clubs are meeting the criteria through their activities. By the end of 2021, 582 sports clubs with more than 300,000 members, representing 45 sport disciplines, were involved. The Olympic Committee provides relevant information and tools for all sport clubs via its website, including the SCforH online course.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Mind and Body (Ikiliike)

Information provided by

Herbert Hartmann

Administering organisation(s)

Finnish Gymnastic Federation

Developed in

Finland

Link

<https://www.scforh.info/wp-content/uploads/2021/02/Ikiliike-60-Fin.-Gymn..pdf>

Target group(s)

Seniors








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The Ikiliike (Mind and Body) project is funded by the Finnish Ministry of Education and Culture. This project was launched in April 2013 by the Finnish Gymnastic Federation and the gymnastics clubs with the goal to promote gymnastics exercise among the elderly in the FGF. The project was created to help develop senior citizens' exercise behaviour, and its goal was to increase the number of seniors in Finland who exercised as well as to train more instructors who could teach the senior citizens.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

GAA Healthy Clubs programme

Information provided by

Colin Regan

Administering organisation(s)

Gaelic Athletic Association

Developed in

Ireland (Republic and Northern)

Link

<https://www.gaa.ie/my-gaa/community-and-health/>

<https://www.scforh.info/wp-content/uploads/2021/02/GAA-Healthy-Club-Evaluation-1.pdf>

Target group(s)

All age groups

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The GAA Healthy Club programme provides a framework based on the WHO's settings approach to health promotion. This programme involves GAA sports clubs and helps them to improve the health orientation of their club while increasing the number of health-enhancing initiatives they deliver. Simultaneously, it helps them to increase the proportion of the relevant population they reach.





The programme was created and is delivered in collaboration with the Department of Health and Health Service Executive. It receives corporate social responsibility funding from the corporate sector (Irish Life financial services). The programme was developed to turn GAA clubs into health hubs in their communities, extending their positive influence beyond their traditional delivery of Gaelic Games and culture.

The main thematic areas include:

1. Physical activity for non-playing members, including social Gaelic Games
2. Mental health and wellbeing
3. Healthy diet choices
4. Community development (including engaging younger and older members of the community)
5. Gambling, drug, and alcohol education, including helping campuses to become smoke-free
6. Diversity and inclusion
7. Sustainability (Green Clubs)

GAA Healthy Clubs interact with their members and members of the broader community to identify the thematic areas they should focus on in each 18-month cycle. Once they have met certain criteria, the clubs receive an accreditation as Healthy Clubs.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Not applicable 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Ireland Lights Up

Information provided by

Colin Regan

Developed in

Ireland (Republic and Northern)

Administering organisation(s)

Gaelic Athletic Association, Get Ireland Walking, Operation Transformation, Healthy Ireland

Link

<https://www.gaa.ie/my-gaa/community-and-health/social-games-physical-activity/ireland-lights-up>

Target group(s)

All age groups








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Ireland Lights Up (ILU) encourages GAA clubs in 32 counties in Ireland to turn on their floodlights and make their grounds and walking tracks accessible to their local communities. This involves inviting any interested person to come to these spaces to walk and talk in a safe environment during the long dark evenings of winter. It is important to note that most rural roads and footpaths in Ireland are not lighted. The initiative is promoted via a popular lifestyle TV programme Operation Transformation broadcast by the national broadcaster for 8 weeks every January and February. The broadcaster sends TV cameras to a participating club each week, and the footage is broadcast on the subsequent week's episode. Up to 200,000 people walk weekly as part of the initiative.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Not applicable 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

GAA for Dads & Lads

Information provided by

Colin Regan

Administering organisation(s)

Gaelic Athletic Association

Developed in

Ireland (Republic and Northern)

Link

<https://learning.gaa.ie/dadsandlads>

Target group(s)

Men aged 35+ years







Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

'GAA for Dads & Lads' is a social Gaelic Games (hurling and football) programme for people aged 35 and over who would like to enjoy Gaelic Games outside the traditional competitive structures of the GAA. The GAA philosophy for Dads & Lads states that the participation and camaraderie that team sports can offer can be sustained by people even once they are older than the traditional age for participating in competitive, contact sports. The small-sided adapted games only allow incidental contact (to minimise any risk of injury), helping to prioritize skills development over physicality. The games are self-governed, i.e. there are no referees. Participants include retired or lapsed adult players and those who have newly discovered Gaelic Games and would like to try hurling or Gaelic football for the first time. Clubs can host their own teams if they have enough participants, while some social and hurling groups have participants who come from a variety of clubs to play together every week.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Not applicable 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Fit4Life

Information provided by

Aoife Lane

Administering organisation(s)

Athletics Ireland

Developed in

Ireland (Republic)

Link

<https://www.athleticsireland.ie/clubs/fit4life/>

Target group(s)

All age groups

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

This is a programme to support beginner and/or regular runners, helping them to improve fitness in a fun, social environment. Fit4Life clubs are found in all counties. Participants are placed in groups based on their ability. They then progress from walking to jogging to running, as required. Clubs have qualified Fit4Life leaders who have been trained to provide appropriate training schedules for the participants.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Swim for a Mile

Information provided by

Aoife Lane

Administering organisation(s)

Swim Ireland

Developed in

Ireland (Republic)

Link

<https://www.swimforamile.com/>

Target group(s)

All age groups

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

This programme encourages participation in swimming and culminates in a national event organised to raise money for a charity. Participants have to be able to swim two lengths of a pool in order to be considered eligible to take part in a training plan for the programme. They can take part in indoor and outdoor challenges. Training programmes are provided by Swim Ireland coaches, and technique clinics are provided too.

The alignment of the initiative with the SCforH principles

- | | |
|--|-------|
| Promotes health-enhancing sports activities | Yes ✓ |
| Follows well-established, evidence-based practices | Yes ✓ |
| Uses qualified and competent personnel | Yes ✓ |
| Promotes the sports that are part of the club's standard programme | Yes ✓ |
| Poses no or minimal health and safety risks | Yes ✓ |
| Takes place in a healthy environment | Yes ✓ |
| Commits to promoting an enjoyable social and motivational climate | Yes ✓ |

Name of the initiative

Jump for Fun

Information provided by

Saška Benedičič Tomat

Administering organisation(s)

DGI

Developed in

Denmark

Link

<https://www.dgi.dk/jump4fun>

Target group(s)

Children and young people with various challenges

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Jump4fun is a training programme offered nationwide for children and young people who are facing various challenges. We work with city governments, local associations, children and parents, helping a specific target group experience the joy of movement. The concept has spread to clubs in 40 of the 90 cities in Denmark.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

The dementia-friendly club

Information provided by

Saška Benedičič Tomat

Administering organisation(s)

DGI

Developed in

Denmark

Link

<http://www.e-pages.dk/dgi/1281/html5/>
<https://www.dgi.dk/samarbejd/om-vores-foku-somraader/fokusomraader/sunde-seniorer/den-demensvenlige-idraetsforening>

Target group(s)

People with dementia

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative







The goal of the initiative is to make it easier for people with dementia to be physically and socially active in clubs and associations. The initiative provides the clubs with:

- New knowledge and an understanding of dementia
- A specific action plan that teaches how you as an association can work with dementia-friendly initiatives

And its instructors with:

- Knowledge of dementia and training based on a health professional and pedagogical approach
 - The initiative reduces the need to test the activities in practice before applying them.
-

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Keep Your Brain Healthy

Information provided by

Saška Benedičič Tomat

Administering organisation(s)

DGI

Developed in

Denmark

Link

<http://www.e-pages.dk/dgi/1281/html5/>
<https://www.dgi.dk/samarbejd/om-vores-fokusomraader/fokusomraader/sunde-seniorer/den-demensvenlige-idraetsforening> https://slks.dk/fileadmin/user_upload/SLKS/Services/Publikationer/Evaluering_af_Hold_Hjernen_Frisk_1.pdf

Target group(s)

Senior citizens aged 65+ years








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Keep the Brain Healthy applies new knowledge and helps more seniors live an active life for a longer period of time. The initiative provides activities for the body and brain. The project involves four different types of activities that have physical, mental and social elements, such as SMART training and nature training for seniors.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Senior Clubs

Information provided by

Saška Benedičič Tomat

Administering organisation(s)

DGI and member clubs

Developed in

Denmark

Link

<https://aktivtorsdag.dk/>

Target group(s)

Senior citizens aged 65+ years

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The purpose of this initiative is to enhance and support the elderly citizens' physical and mental health. Several clubs have placed a special focus on seniors. Some clubs are specific senior sport clubs like the Greve Senior Sport, which offers a broad programme. Other organise open days where 75-100 seniors take part in multi-sport activities, such as "Active Thursdays". The (recreational) sports and PAs include bowling, frisbee-golf, Nordic walking, elastic gymnastics, volleyball, badminton, table tennis, tennis, (New Age-)curling etc.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

By Rackquets to Happiness and Health

Information provided by

Tena Matolić

Administering organisation(s)

Tennis Club Dinamo Zagreb

Developed in

Croatia

Link

<https://tk-dinamo.eu/>

Target group(s)

Retirees and senior citizens
(age 65+ years) in general








Type of initiative

Developing specific SCforH (or related)
projects or activities

Short description of the initiative

The main aim of the project is to improve the quality of life, address social exclusion and poor engagement in physical activities, as well as improve the currently low social relations among the retirees in the Zagreb area.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Aerobics in a Swedish form of exercise for individuals with intellectual disabilities

Information provided by

Herbert Hartmann

Administering organisation(s)

Friskis&Svettis

Developed in

Sweden

Link

<https://www.scforh.info/wp-content/uploads/2021/02/Enkeljympa-Int.-Disabilities.pdf>

Target group(s)

People with intellectual disabilities

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

Enkeljympa includes simple movements that improve the body's basic functions and contribute to body awareness, posture and balance. Each workout lasts about 55 minutes and is normally conducted once a week. In some sports clubs, it is offered twice a week. From 15 to 70 participants take part in the workout, with many dedicated participants attending year after year. Many participants have a personal assistant with them at the workouts to provide support and help.

In addition, assistants, relatives or other people who are interested are welcome to take part for free. The workout is offered as part of the spring and/or fall schedule, depending on the local sports club, and continues to be offered as long as a need and demand exists. In some sports clubs, the workout is performed in collaboration with the municipality or other organisations, such as The Swedish National Association for Persons with Intellectual Disability (FUB), day centre and special schools for people with learning disabilities. The framework of enkeljympa was developed mainly by the governing organisation, Friskis&Svettis Riks (National). They are observing how physical training is developing in other countries and identifying the training purpose, receiving input from sports clubs and instructors, and responding to the wishes and needs of the target group. The instructor leading the workout is especially dedicated to the target group and is able to create a feeling of security and joy. The instructors normally complete three different training courses offered by Friskis&Svettis to become a qualified instructor. The training courses are conducted over a period of approximately nine and a half days, whereby the last training course includes specific adaptations for the target group regarding, e.g. the exercise programme and content.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

The Gentle Way, Judo for 55+

Information provided by

Herbert Hartmann

Administering organisation(s)

Vlaamse Judofederatie
(Flemish Judo Federation)

Developed in

Belgium

Link

<https://www.scforh.info/wp-content/uploads/2021/02/Healthy-Judo-55.pdf>

Target group(s)

People aged 55+ years








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

This programme gives lifelong judoka and former judoka practitioners a way to continue practicing judo with all its benefits, but without facing the risks of judo as a combat sport. It enables them to begin practicing judo at an older age. It also empowers the participants, enabling them to live healthy and independent lives for as long as possible. The programme lends non-judokas more confidence in their daily lives through the fall initiation programme. The content includes all kinds of judo exercises and judo techniques (except the potentially dangerous ones) and uses mainly soft fall techniques without hard impact. Stimuli related to aspects that need special attention regarding older individuals (e.g. memory, eye-hand coordination, awareness of time and space) are incorporated into the exercises such that the participants are also practicing tasks that they will perform in daily life while doing judo. Method: Persons aged 55+ on the judo mat are highly heterogenic regarding the number of years they have practiced judo and their level of experience, physical abilities and personal ambitions. For this reason, a method must be used that allows these very different people to practice a contact sport together. To equalise the participants and to create an inclusive training environment, the principles of Universal Design for Learning are used. Some parts of the judo are practiced with support items such as gym balls or thick mats.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

IKILapsi gymnastics

Information provided by

Herbert Hartmann

Administering organisation(s)

Finnish Gymnastic federation

Developed in

Finland

Link

<https://www.scforh.info/wp-content/uploads/2021/02/Ikiliike-Grandparents-and-children.pdf>

Target group(s)

Grandparents and kids

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

IKILapsi outdoor gymnastics has been designed to place a special focus on movements that develop elderly people's balance and physical ability to function, but also to inspire children to move and play together with their grandparents.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Physical activity on Prescription

Information provided by

Herbert Hartmann

Administering organisation(s)

Swedish National Institute of Public Health

Developed in

Sweden

Link

<https://www.scforh.info/wp-content/uploads/2021/02/PA-on-Prescription-Sw..pdf>

Target group(s)

All age groups

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The results show that approximately 70% of the participants took part in multiple activities. Walking and aerobics were the most commonly measured physical activities. People who demonstrated a significant increase in their activity level between the baseline and the six-month follow-up were categorised into the “sedentary” or “light activity” groups. Among the participants, 68% were still carrying out the prescribed level of physical activity six months after initiating PaP, including the organised exercise. The “maintenance” stage increased significantly based on the participant’s willingness to change their physical activity level. The level of compliance to PaP, including organised exercise, was considered equivalent to that achieved by other treatments of chronic diseases. Positive factors that influenced this compliance included the experiences of positive effects (i.e. that it was fun and the person had made up their mind beforehand). Most participants who began and continued with the physical activity had considered that PaP, including organised exercise, was a good method. Results show that especially individuals who are unmotivated to exercise or cannot exercise very efficiently may initially benefit from organised exercise. Other participants cited benefits such as individualised counselling and personalised training and support. Most participants were satisfied with the support they initially received from health care and exercise organisers, but cited a need for more regular and longer support. However, more than 70% of participants were satisfied with the assistance they received from exercise organisers as compared to the more than 60% who received support from health care centre. The high level of satisfaction reported in the interaction with exercise organisers may be due to their positive attitude toward the PaP model and the individuals who receive a prescription for this model. However, participants also cited disadvantages associated with organised activities such as economic costs and reduced flexibility.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

GAME Denmark Playmaker Programme

Information provided by

Melanija Strika

Administering organisation(s)

GAME Denmark

Developed in

Denmark

Link

<https://game.ngo/>

Additionally implemented in

Italy, Lithuania, Jordan, Lebanon, Somalia

Target group(s)

Hard-to-reach and disadvantaged young people from ethnically diverse backgrounds in Denmark (Copenhagen, Esbjerg, Viborg, Aalborg)

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The programme was created to address the needs of disadvantaged young people from ethnically and culturally diverse communities in the poorest areas of Danish cities, but also in other countries, including Lithuania, Italy, Jordan, Lebanon and Somalia. The programme aim is to develop the social skills, gender equality awareness and conflict-solving capacities of these individuals by establishing innovative facilities, educating youth leaders as instructors and creating role models in street sports and areas of civil society.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes

Follows well-established, evidence-based practices

Don't know

Uses qualified and competent personnel

Don't know

Promotes the sports that are part of the club's standard programme

Not applicable

Poses no or minimal health and safety risks

Don't know

Takes place in a healthy environment

Don't know

Commits to promoting an enjoyable social and motivational climate

Yes

Name of the initiative

Street Elite

Information provided by

Melanija Strika

Administering organisation(s)

The Change Foundation

Developed in

United Kingdom

Link

<http://www.street-elite.org/>

Target group(s)

Young people aged 18 to 25 from London and Birmingham, not involved in education, employment or training affected by serious youth crime

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The programme was founded in 2011 and uses sport and mentoring to help young men and women become more active in their communities. It also facilitates their transition into employment, education, or training programmes. The young people receive training through sport to improve skills that support their employability (teamwork, event organisation, leadership, interview, CV writing), emotional development and higher self-esteem. The young people also have a chance to give back to their community by delivering their own sports sessions at youth clubs and taking part in sports festivals at local schools.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Don't know 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Don't know 

Commits to promoting an enjoyable social and motivational climate

Yes 

Name of the initiative

Keep Youngsters Involved (Erasmus+ Sport Project)

Information provided by

Melanija Strika

Developed in

The Netherlands

Additionally implemented in

Finland, Germany, Ireland, Portugal, Romania

Link

<https://tools.kenniscentrumsportenbewegen.nl/keep-youngsters-involved/tool/keep-youngsters-involved/>

Administering organisation(s)

Knowledge Centre for Sport and Physical Activity Netherlands, University of Limerick Ireland, Instituto Portugues Do Desporto E Juventude Portugal, Research Center for Sport and Health Sciences Finland, National Institute for Sport Research Romania, University of Leuven Belgium, Royal Dutch Swimming Federation Netherlands, The Association For International Sport for All Germany

Target group(s)

Youth (12-19 years of age)

Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

The project was co-funded by the European Union as an collaborative partnership project in the Erasmus+ Sport programme (2016-2019). This project addressed the high dropout rate from sports programmes among young people (age 12-19) and especially those from disadvantaged socio-economic backgrounds. In many European countries, young people quit sports due to a lack of motivation, problems with school, their job schedule, or different interests. Together, the partners selected and applied the best grassroot sport products in the various European countries involved. The research results revealed the most important 14 factors that can prevent youngsters from dropping out and enabled us to make them suitable for practical use. Sport professionals and volunteers (trainers, coaches) who work with young people can use these tools to keep them more involved in sports in their sport clubs. By involving young people more actively, for example, by asking them what they like to do, asking them to express their needs, or giving them responsibilities in sport programmes, they have a chance to develop personal skills. Simultaneously, the project contributes to the active citizenship of young people, an active lifestyle and meets the physical activity guidelines.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Sport-Health

Information provided by

Melanija Strika

Administering organisation(s)

Luxembourg Federation of Health Sports Associations and partner organisations

Developed in

Luxembourg

Link

<https://sports.public.lu/fr/sport-loisir/sport-sante.html>, <http://www.sport-sante.lu/>

Target group(s)

People with chronic diseases








Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The Sport-Santé project highlights the undeniable advantages conferred by therapeutic physical activity, showing how it can improve the health of people affected by various chronic diseases. Specific recommendations and sports recreation are advised and offered for each chronic disease, with these being provided by respective health and sports associations and clubs, which also offer expert mentorship and consultancy.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Multi-sport trainings

Information provided by

Laura-Maria Tiidla

Administering organisation(s)

Byakko Sport Club

Developed in

Estonia

Link

<https://byakko.ee/>

Target group(s)

3 years of age or higher

Type of initiative








Incorporating SCforH (or related) principles in existing work

Short description of the initiative

The Byakko sport club offers multi-sport training for (mainly) children and youth, which enables them to develop and improve their physical, mental and social skills through physical exercise. The club provides fun training sessions for children aged 3+, and more advanced training is open to everyone of any age. An emphasis is placed on developing basic motor and physical literacy skills and avoiding early specialisation. Participants can choose the sports and how frequently they attend the sessions they take part in, while being encouraged to practice various sports every week. Many of the activities can be attended by the entire family; this enables them to be physically active together both during regular training sessions but also on community days in outdoor settings.

The club offers children access to exercise offers that promote a positive perspective and encourage development. These playful training sessions help them to create healthy habits for life. Their overall goal is to help these children grow up to be empathic, happy and healthy citizens.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Health School

Information provided by

Laura-Maria Tiidla

Administering organisation(s)

Vireo Health Cub

Developed in

Estonia

Link

<https://vireo.ee/>

Target group(s)

All age groups

Type of initiative

Incorporating SCforH (or related) principles in existing work

Short description of the initiative








VIREO is a social enterprise that emerged from training sessions that promoted health and now enables people to take a holistic approach toward health. The weekly training sessions with highly qualified health professionals offered place a focus on improving health, physiotherapy, nutrition and rehabilitation. All of these sessions are suitable for participants with existing health conditions, and these can be adapted suitably. The enterprise also organises health days for companies and organisations throughout Estonia.

One of their initiatives is the "Health School" (Laste Tervisekool), a programme for children who are not active and/or have not had a previous positive experience with sports. The weekly trainings and food workshops have been developed to raise interest in a healthy lifestyle, movement and sport in a non-competitive setting and to celebrate the joy associated with individual progress rather than with medals.

VIREO's main principles of work are:

- Positive experience - we celebrate and recognise small progress steps
- Motivating communication - we try to find the important lever for everyone
- Personal approach - each of our services, trainings and consultations is customised to meet the participant's needs.
- Everything is allowed - but in balanced moderation.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Active Workplace

Information provided by

Silvija Mitevska

Administering organisation(s)

Institute for Sports

Developed in

North Macedonia

Target group(s)

16 years of age and higher

Type of initiative

Developing specific SCforH (or related) projects or activities

Short description of the initiative

The institute for sports supported by the WHO National Office in Skopje will implement the project “Active Workplace”. This project has been developed to create guidelines for active workplaces in the governmental and private sectors. These guidelines will be adopted at a national level and promoted at a national conference with various stakeholders in attendance. Later, sport association representatives will be educated and empowered so that they will know how to create customised workplace sports activities for companies and institutions.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	No ✗
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

Sports Festival for All Vojvodina

Information provided by

Dušan Mitić

Administering organisation(s)

Association Sport for All Vojvodina

Developed in

Serbia

Link

<https://sportzasve.org/2022/05/24/7-festival-sporta-za-sve-vojvodine/>

Target group(s)

General population, fans of sports and recreational activities








Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

The Sports Festival for All Vojvodina, with support from the Provincial Secretariat for Sports and Youth, will feature sports and recreational programmes that should include all socio-age categories within the population as well as educational programmes developed for sports experts and representatives of sports organisations in the field of public sports. Since the system was established in 1971, 12 four-year cycles have been completed, while the 13th SORV cycle is ongoing and will extend through 2023.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Eco Camp

Information provided by

Dušan Mitić

Administering organisation(s)

Association Sport for All Belgrade

Developed in

Serbia

Link

<http://www.sportzasvebeograd.rs/index.php/en/211-ekolosko-edukativni-i-rekreativni-kamp-2>

Target group(s)

General population, fans of sports and recreational activities








Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

Ecological educational and recreational camp

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Ski Fest

Information provided by

Dušan Mitić

Administering organisation(s)

Montenegrin Association of Sports
Recreation

Developed in

Montenegro

Link

[https://sportzasve.me/
ski-fest-durmitor-2022-zabljak/](https://sportzasve.me/ski-fest-durmitor-2022-zabljak/)

Target group(s)

General population, fans of winter sports and recreational activities








Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

Short description of the initiative

The traditional SKI FEST of 2022 was held at the beginning of March and lasted four days. The FEST involved 275 participants of different ages and genders. The programme included skiing and sports-recreational competitions in the slalom and giant slalom. The categories of children and recreational athletes in M/F categories (≤ 40 and > 40) were established in these competitions. The participants spent time and hiked in the snow, which are considered as unconditionally healthy conditions, and had the chance to take part in various sports and recreational games in the snow that were organised daily. These included sledding in one-seat and two-seat sleds, hitting appropriate targets with balls (all participants), snow volleyball, mini-football in the snow, and ski education. Various additional sports and recreational activities were also organised in the early evening hours, such as table tennis, darts and chess (everyone welcome). In general, the FEST and activities had a highly positive effect on the overall health of the participants.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

Friendly Outdoor Gyms

Information provided by

Monika Piątkowska

Developed in

Poland

Administering organisation(s)

Europejskie Stowarzyszenie Promocji Aktywności Ruchowej 50+ (European +50 Physical Activity Promotion Association)

Link

<https://www.espar-50.org>;
<https://www.facebook.com/espar50/>;
<https://www.espar-50.org/pl/projekty/przyjazne-silownie>

Target group(s)

Seniors (65+ years of age)

Type of initiative








Developing specific SCforH (or related) projects or activities

Short description of the initiative

The Friendly Outdoor Gyms project was initiated in 2018 with the objective to teach people aged 60+ how to use outdoor gym equipment to strengthen their muscles effectively. The research carried out by ESPAR 50+ showed that a lack of skills and knowledge of how to use these gyms safely is a main barrier for the elderly. Local governments in Poland are building more and more outdoor gyms that are open to the public and accessible to all residents. These gyms include equipment that allow the user to activate and strengthen each part of various muscles and to improve their immunity and physical condition safely. Many gym apparatuses are available, enabling the user to modify the workouts to fit their needs and abilities.

As a part of the project, a series of meetings with the instructor was offered: ESPAR 50+ instructors meticulously refined how the exercises were performed and showed participants how to use each piece of equipment. They also offered an open day at the outdoor gym to celebrate the International Day of Elder People. Both before and after the project, participants performed fitness tests that confirmed the effectiveness of the project.

The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

4. Conclusion

Based on our findings, it can be concluded that SCforH and similar initiatives have been carried out in most European countries. However, it should be noted that we could not find SCforH initiatives in all 36 countries we covered in our search. Most initiatives that we found and described in this book chapter follow the guiding principles of the SCforH approach, which may partially be a result of the actions taken by the SCforH consortium to promote the awareness and use of SCforH guidelines in Europe. Nevertheless, there is space for improvement, particularly in terms of increasing the number of initiatives that follow well-established, evidence-based practices and that promote the sports that are part of the club's standard programme. Future SCforH projects should, therefore, continue disseminating the SCforH guidelines and encouraging sports clubs and associations to implement SCforH initiatives.

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