



The Dún Laoghaire-Rathdown Local Sport & Physical Activity Plan

Executive Summary

LOCAL SPORT & PHYSICAL ACTIVITY PLAN - GUIDING PRINCIPLES



VISION

Creating sport and physical activity opportunities for all.



PURPOSE

Enhancing the physical and mental wellbeing of all those who live in, work in, and visit Dún Laoghaire-Rathdown.



MISSION

Building the right facilities and programmes to position Dún Laoghaire-Rathdown as a guiding light in Ireland for sport and physical activity.

Working across the local authority and with external clubs and partner organisations at local and national level to achieve this.

Achieving levels of participation across the whole of our population that lead the way in a national context.

ABOUT

Population growth focused on Ballyogan, Dundrum, Dún Laoghaire

233,860

TOTAL POPULATION IN 2022

(up from 218,018 in 2016), & projected to grow to at least **249,125 by Q1 2028**

350 **OPEN SPACES** approximately 1,000 hectares



95

DLR GRASS PITCHES

14

OUTDOOR EXERCISE STATIONS

7

MAJOR PARKS

3

LEISURE CENTRES

41

PLAY GROUNDS

OVER 300 SPORTS CLUBS ACROSS 48 DIFFERENT SPORTS AND ACTIVITIES

120 separate sporting facilities in addition to those found in the 79 primary schools and 38 secondary schools in the County

58%

of Dún Laoghaire-Rathdown residents **took part in sport** in the previous seven days (national average = 47%)

7%

of Dún Laoghaire-Rathdown residents **classified as inactive** (national average = 12%)



33 Small Areas within Dún Laoghaire-Rathdown classified as disadvantaged or very disadvantaged (Pobal Deprivation Index 2016)

Sport By Sport in DLR



Themes & Goals

A specific focus on key target groups is still required to increase participation to levels that reflect the wider population. Building on the strong foundation already established, Dún Laoghaire-Rathdown is well positioned to implement a series of programmes and policies that will support its ambition to become Ireland's leading county for sport and physical activity.



These broad findings are presented under four key themes, each supported by clear goals and associated objectives. The goals for each theme are outlined below, together with selected objectives that illustrate the intended direction of delivery. All actions within this plan will be led collaboratively by Dún Laoghaire-Rathdown County Council, Dún Laoghaire-Rathdown Sports Partnership and Active Cities Dublin.

People



- **Celebrate the offering and scale** of sport and physical activity in Dún Laoghaire- Rathdown.
- **Increase number of targeted sport and physical activity programmes** available in Dún Laoghaire-Rathdown.
- Continue to **support and enable the existing work of volunteers** in Dún Laoghaire-Rathdown.
- Support club capacity to **integrate disadvantaged groups** into their clubs.
- **Increase collaboration** between the Council, LSP, clubs, schools, special interest groups, NGBs, general public - highlighting best practice.
- **Women in Sport:** Empowering women through fair-access policies, targeted programming, and expert coaching designed for female success.
- **Disability Sport:** Breaking barriers with inclusive programming, specialised coach training, accessible play spaces, and a connected network for disability sports.
- **Disadvantaged Youth:** Targeted youth initiatives, enhanced community transport, and social spaces in local clubs.
- **Increase level of general participation** in sport and physical activity in disadvantaged areas in Dún Laoghaire-Rathdown.
- **Older People:** Age-friendly programming, adaptable sports, and various health initiatives with incentivised club involvement.
- **Ethnic Minorities:** Targeted communication, multi-sport facility access, and community partnerships.

Places



- **Improve existing water-based sports facilities in Dún Laoghaire-Rathdown:** Supporting the National Water Sports Campus development, improving equipment storage, and providing dedicated parking for slipway access.
- **Maximise indoor facilities through multi-sport use:** Developing best-in-class multi-sport centres, maximising land use for innovative extensions, and expanding combat sports through dedicated school-club partnership models.
- **Improve existing facilities in Dún Laoghaire-Rathdown:** Improving infrastructure with signage, seating, and lighting while modernising pitch management through data-driven maintenance and enhanced public transport links.
- **Improve Access to the Mountains:** Exploring transport options for opening up the Dublin Mountains to those who cannot drive.
- **Ensuring sustainability, biodiversity and inclusion are central to all programmes, initiatives, and policies developed for the purpose of sport and physical activity.** Integrating environmental sustainability into all facility upgrades, launching a county-wide sustainability toolkit for clubs, and implementing strategic conservation plans.





- **Increase resources available to the Council and its partners to deliver on sports and physical activity policies**

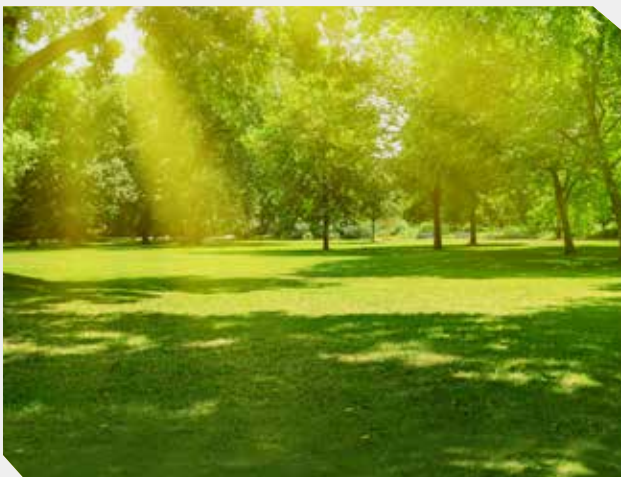
- Create dedicated Sports Facility Officer roles to manage facilities and act as the primary contact for clubs and the LSP.
- Fill all vacant positions within the Local Sports Partnership to ensure full operational capacity.
- Clarify sports capital funding by establishing set procedures for application and allocation.
- Explore private sector sponsorship and partnerships with large employers to support public amenities.

- **Increase awareness levels of programmes and opportunities across Dún Laoghaire- Rathdown**

- Maximise existing media channels by allocating resources to billboards, streetlamps, bins, bus shelters, and social media.
- Develop specific communications strategies for hard-to-reach groups, including older adults, the Traveller community, and ethnic minorities.
- Publish rolling quarterly updates to keep the community informed of all available programme activities.
- Strengthen local branding within sporting facilities and club environments to build visible Council presence.

- **Ensure proper governance and delivery of strategic plan over the next 5 years**

- Strengthen governance and management structures to oversee the coordinated delivery of sport and physical activity.
- Develop a comprehensive monitoring and evaluation plan to track progress throughout the strategy's five-year lifetime.





- **Long-term positioning of Dún Laoghaire-Rathdown as the leading County for participation in Sport and Physical Activity in Ireland**

- Establish a Council platform of best practice to share and implement successful inclusion strategies specifically designed for hard-to-reach groups.
- Investigate an innovative policy to provide free transport from schools to activity areas, partnering with institutions for volunteer and coaching support.
- Identify a location for a County Sports Hub by developing a comprehensive feasibility report to centralise high-quality sporting infrastructure.
- Expand bike rental schemes by investigating the extension of Dublin Bikes into the county in co-operation with other Dublin local authorities.
- Open school facilities for summer programmes by developing partnerships and pilot schemes that grant access to halls and pitches for disadvantaged youth and children with disabilities.



For further information please see the full document available at dlrcoco.ie

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