Open Sunday

Bringing children together for sports activities

Every Sunday afternoon from October to March, local gyms around Switzerland are open for children to come and practise physical activities.

Location: Switzerland

Organisation: Foundation idée:sport

Start-end date: 2006 – ongoing

Target group age: 6-12 years old

Reach: Approx. 7,000 children in 2012

Partners: National, cantonal and city-level support, private donations and volunteer work. Save the Children, Laureus

Key facts: In 2012, participants came from 44 project communities, 55% from urban settings and 45% from rural settings. Approximately 43% of the participants are girls.

For inspiration: www.ideesport.ch/de/opensunday
Summary

The Open Sunday programme allows children aged 6-12 to access local gyms every Sunday afternoon from October to March, and practise sport and physical activities. No membership, reservation or fee is required to participate; the programme is in fact open to anyone within this age group. A multitude of sports and activities are offered at these “sport meeting points”. A mixed team of professional programme managers, volunteers and junior coaches monitor and run the programme for the children.

Keys to success

Accessibility and flexibility
Available in 44 different communities across Switzerland, the programme is generally accessible to any child who wishes to participate.

Peer involvement and peer education
The key reason for the success lies in the concept of peer involvement and peer education. In 2012, around 2,500 junior coaches, girls and boys aged between 13 and 17 years old, monitored and ran the programme for children in the gyms. More than 200 courses per year are organised to prepare them for their leadership role.
Sport for All objectives

Promote sport and physical activity
The main goal of the programme is to offer a location and facilities to make it easier for children to practise sport and do some physical activity.

Improve public health and well-being
Children participating in the programme spend fewer hours at home in front of video games and more hours doing physical activities, therefore increasing their general health.

Provide equal access to sport
The programme aims at bringing children, especially those from poor neighbourhoods, together to practise sporting activities. The objectives range from improved health, to integration, to community development.

How is the programme communicated?
The most important communication tools for the programme are word of mouth and printed documents, which are distributed and made available throughout the local communities.

How is the programme evaluated?
The evaluation is made through quantitative monitoring and interviews with participants and team members.

“This is really necessary, the young people must be able to do something – you can see, they give everything.”

Open Sunday programme coach
Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world’s adolescent population is insufficiently physically active (World Health Organization). Let’s reverse the trend and get moving.

Promote sport and physical activity
Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world’s population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.

Improve public health and well-being
Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.

Support active societies
Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.

Provide equal access to sport
Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.

Foster Olympic legacy
The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world
Learn more about best practices with our toolkit
Create your project based on proven academic research and experience of organisations
Share your experience and lead the way to inspire more projects
Connect with a vast network fueled by inspired partners

Find more information
Sports and Active Society Programmes
A Guide to Implementation
www.olympic.org
activesociety@olympic.org