



RECREATION AND PARKS OVERVIEW



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.

Overview and Introduction

Vision

To enhance the quality of life of citizens and visitors through the provision of world class facilities and programmes thereby contributing to Cape Town being a world class Sport and Recreation destination.

It's our goal to encourage a healthy lifestyle for all of Cape Town's residents by offering a wide range of well-maintained and managed sport and recreation facilities. Our various activities aim to uplift the standard of living of residents, especially those in disadvantaged communities and vulnerable groups such as the youth. Besides being an excellent stress reliever active participation in sport and recreation promotes a balanced healthy lifestyle.

Our facilities and programmes are not only within easy access of the communities they serve but are also of a world-class standard. They attract international investment by positioning the city as a premier sport and recreation destination.

Whether your sport and recreation pursuits are at a highly competitive level, or are less strenuous and non-competitive, we encourage you to use our facilities to get active, and reap the rewards!



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

SR&A Key Focus Areas

Providing sustainable programmes and accessible and quality facilities in order to encourage an active and healthy lifestyle among all communities

Recreation, Programmes & Partnerships

Facility provision and maintenance

Sustainable strategic partnerships

WDC



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Recreation and Programmes



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Recreation and Programmes

Statistics have shown that sport and recreation participation plays a big role in the decrease of the crime rate and crime activity in communities who regularly participate in sport and recreation.

The objectives of these programmes are to promote social development, youth empowerment, social cohesion and community upliftment.



Recreation Hubs

A research study that was conducted in 2010 across the Cape Metropole revealed that only 24.6% of adult residents in Cape Town participate in physical activities in their spare time, yet 60% of them rate themselves as healthy. Almost **90% of Capetonians feel that sport and recreation is important for communities** in Cape Town and Capetonians are more interested in recreational programmes like health and fitness, arts, crafts and games, rather than formal sports such as soccer and cricket.

Following these findings, the Department is focusing on, amongst others, delivering services and facilities according to a community's preference, increasing the visibility of recreation staff, capitalising on the things that motivate residents, and forming partnerships to implement the necessary changes. One of these strategies is to focus on establishing recreation hubs in all communities.

The Recreation Hubs are our core facilities where various recreation programmes and activities take place on a regular basis throughout the day. To date, **55 Recreation Hubs**, in communities across the Cape Metropole, have been established.

Programmes at these centres are run by Recreation and Parks staff as well as various community partners and NGO's.

Life skills and youth leadership

The department facilitates a number of youth leadership and life skills programmes in conjunction with various partners such as the Annual Camp Cape Town leadership camp, leadership workshops, Waves for Change etc. Life skills include communication, teambuilding, conflict resolution and diversity management.

These programmes are aimed at developing leadership skills, especially among youth, so that they can assist with implanting programmes in their communities.

Holiday Programmes

Recreation and Parks host more than **3 000 holiday programmes each year** at community centres, recreation hubs, resorts, beaches and parks. More than **60 000 children participate** in these holiday programmes annually. Activities include board games, pool, kerrim, indigenous games, cultural dancing, movie days, excursions, hikes, holiday camps, canoeing, angling, soccer, netball, board games, hockey, face painting, boxing, arts and crafts, reading, BMX, rope skipping and festivals.



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Recreation and Programmes

Research carried out by Discovery Health in 2013, shows that **Cape Town is the country's fittest city** in terms of physical health, activity and infrastructure.

Cape Town has the highest number of sports facilities per 100 000 people compared to the six major metros in South Africa.

Cape Town also ranked highly in terms of the percentage of people who indicated that they participate in at least moderate levels of physical activity.

Afterschool Programmes

The Department hosts a number of afterschool programmes on a daily basis at recreation hubs and community centres. These afterschool programmes reach approximately **25 000 children per month**.

The focus with these activities is not on competition but rather on participation and fun. These programmes take place after school to ensure that children are kept engaged in healthy behaviour after school hours.

Activities included 5-a-side soccer, board games, mind games, rope skipping, rugby, card games, arts and crafts, life skills, table tennis, ball games, drama, dancing, softball and reading.

Sport Development Programmes

The focus is generally on introducing new sports activities in communities rather than on duplicating the work done by others. We work in partnership with sports federations. Various sport development programmes take place annually such as Gymnastics training workshops, soccer tournaments, Chess development workshops, youth hockey festivals, boxing tournaments, junior angling programmes and various other sport development programmes.

These programmes host over **10 000 participants** at various facilities.

Learn to Swim Programmes

Recreation and Parks also host a number of Learn to Swim programmes at the City's swimming pools during the summer season.

These programmes are facilitated by the City's lifeguards as well as various community aquatics clubs, and are aimed at life skills, water safety, CPR procedures as well as various water aerobics exercises. Our programmes reach approximately **2 000 people** annually.

Other Programmes

Recreation and Parks host a number of other programmes targeting youth, adults, seniors, women and toddlers at community centres and recreation hubs.

These programmes include taeko, karate, board games, fitness programmes, aerobics, walking clubs, boot camps, dance programmes, lifeskills, educational talks and arts and crafts. Our programmes reach approximately **30 000 people per month**.



Recreation and Programmes

4 PILLARS OF THE RECREATION STRATEGY

GETTING PEOPLE ACTIVE

SUSTAINABLE PROGRAMMES AT
RECREATION HUBS

“CONNECTING THE UNCONNECTED”

ADDRESSING YOUTH DEVELOPMENT



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Recreation and Programmes



Camp Cape Town

The Department hosts the annual Camp Cape Town during the first week of school holidays each December at Zandvlei Resort. **120 youth**, aged 15 and 16 years participate in a variety of programmes and activities aimed at **leadership development** including reading skills, scouts, kayaking, hiking, surfing and adventure activities.

These activities are facilitated in conjunction with various partners including SANDF, Muizenberg Library, Social Development, City Parks, Waves for Change, Scouts South Africa and Chrysalis Academy.

The week long camp aims to develop leadership skills through participation in various activities. The camp also develops life skills and focus on learning through participation rather than lecture sessions. These camps present participants from various areas and backgrounds with the opportunity to interact and engage with one another which encourages **social cohesion**.

Youth who participate regularly in the city's recreation hub programmes are selected to attend the camp. Each year, 30 camp participants are identified who show exemplary leadership skills to take part in the various city leadership programmes throughout the year.



Cape Town Games

The Cape Town Games takes place annually during April each year.

More than **20 000 youth** from various communities across Cape Town take part in 13 sport codes including chess, dominoes, scrabble, pool, table tennis, 30 seconds, morabaraba, drie stokkies, 5-a-side soccer, dibeke and netball.

Cape Town Games is aimed at community members who participate in various programmes at recreation hubs, but **who not ordinarily participate in sport tournaments**.

More than **20 000** participants initially take part in the games at facility level. Approximately **5000** participants then advance to take part in the games at area level where just over **3 000** participants are selected to participate at district level. The final participants who advance from the district level games then participate in the department's overall Cape Town Games which usually includes approximately **640** participants, with around 160 participants from each of the 4 districts.

The Cape Town Games **encourages mass participation** in physical activity and showcases some of the activities taking place at various community centres and hubs. The events aim to **connect the unconnected** by affording participants the **opportunity** to compete in various sports codes who would not have otherwise had access to this type of tournament.

Facility Provision and Maintenance



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Facility Provision and Maintenance

Where we provide, how we maintain and use facilities and space will contribute to a safe and caring environment, development of all communities, reflect efficiency, and create opportunities for all citizens, young and old.

197

Community Centres & Indoor Centres



114

Public Ablutions

13
Resorts



151
Sports Fields



72
Beaches



35
Swimming Pools



6
Stadia



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Recent Accolades

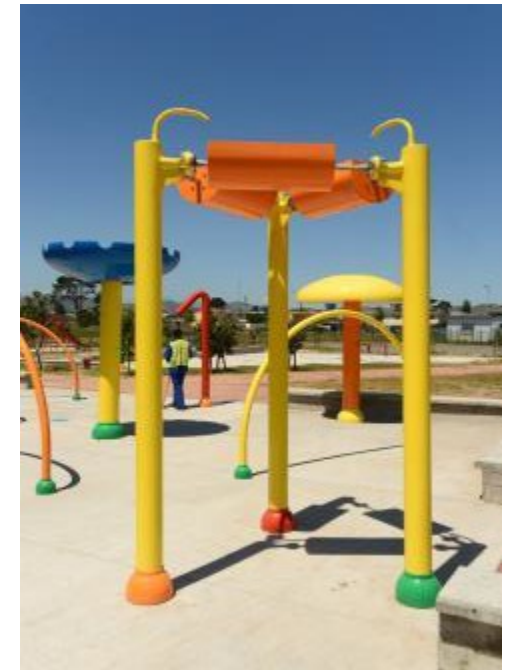
- Sea Point Swimming Pool named one of the world's top ten swimming pools by the British Newspaper, The Guardian
- Camps Bay Beach was named one of the best beaches in the world by Tripadvisor users who voted their best beaches in the Traveller's Choice Awards for 2014
- Cape has been named the second best beach city in the world by National Geographic in 2012 and 2015
- Cape Town's Beaches have been awarded the most blue-flag beaches in South Africa for 3 years in a row

SPRAY PARKS

Recreation and Parks has constructed **6 spray parks** in communities across the metropole.

A spray park is an area for water play has no standing water which eliminates the need for lifeguards and lowers the risk of drowning. These spray parks consist of spray features that create a play environment for children and are designed to cater for various age groups as well as for people living with disabilities.

Spray parks have been constructed in Valhalla Park, Du Noon, Ocean View, Scottsville, Khayelitsha and Nyanga where there were previously no municipal aquatic facilities.



SYNTHETIC PITCHES

Recreation and Parks constructed **28 soccer and hockey synthetic pitches** in communities across Cape Town.

Artificial turfs are being used to replace normal grass-top pitches as they are more affordable to maintain and can better withstand continuous activity. These turfs encourage extensive usage without interruption for rehabilitation.

These pitches are in Grassy Park, Ocean View, Langa, Witsand, Nyanga, Gugulethu, Heideveld, Crossroads, Steenberg, Westridge, Bishop Lavis, Lwandle, Elukhayisweni, Manenberg, Hanover Park, Atlantis and Khayelitsha.



±1 500 000
Users visit public beaches annually



± 1 100 000
Users visit public swimming pools annually



± 25 000
Users visit our resorts annually

VALHALLA PARK FAMILY RECREATION PARK

The Valhalla Park Family Recreation Centre was officially launched and opened in December 2013.

The Valhalla Park Family Recreation Centre (FRC) is a pilot project by the Community Services and Health Directorate whereby the Recreation and Parks department will manage the centre as an integrated facility.

This R32 million hub, situated on over six hectares of land, includes a full-size synthetic soccer pitch; a clubhouse and community hall; a network of pathways and landscaped areas through the park; a BMX track built as part of a detention pond; playground areas; outdoor gym areas; a spray park; a change room and ablution facilities; a flatlet for a caretaker; outdoor reading rooms for community interaction with library activities; two mini-soccer pitches; two multipurpose courts; and a multitude of landscape architecture features.

A partnership has been established at the Valhalla Park Family Recreation Park with Indigo Youth Movement, a non-profit organisation that focuses on life skills development through skateboarding. This partnership has been a huge success in the community of Valhalla Park.



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Sustainable Strategic Partnerships



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Sustainable Strategic Partnerships

The City's Recreation and Parks Department relies on community **partnerships** in order to **run sustainable sport and recreation programmes** at various facilities across Cape Town.

These partnerships allow the department to reach areas where there are little or no community facilities or insufficient resources to facilitate sport and recreation programmes.

The aim of these partnerships are to implement programmes in **high risk areas** where there are severe or significant social challenges, where there is interest expressed by the local community, lack of available facilities and resources for programme development and to **promote community ownership**.

These partnerships are **mutually beneficial**, have measurable and **time-bound outcomes**, programmes are **sustainable**, programmes include **skills transfer** and capacity building outcomes, programmes **increase activity** in community and include **evaluation**, monitoring and reporting processes.

Each year, the department partners with approximately **30 organisations** that operate throughout Cape Town to provide sustainable development programmes to all communities.

Some of these partnerships include Isiqalo Waves for Change, Making and Impact through Sport (MITX), Oasis, Western Province Aquatics, Western Province Scrabble, South African Disabled Golf Association, Cape Peninsula Pool Association, South African Gymnastics Federation and Western Province Aquatics amongst others.

These partners provide sustainable programmes for communities **focusing on leadership development through sport and recreation activities**.



Sustainable Strategic Partnerships



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



S U M M A R Y



Approximately
1,5 MIL
users visit public beaches
annually.



Approximately
1,1 MIL
users visit public
swimming pools
annually.

Approximately
25 000
users visit our resorts
annually.



Approximately
300 000
residents participate
in sport and recreation
programmes per year.



197
COMMUNITY
CENTRES
& INDOOR
CENTRES

114
PUBLIC
ABLUTIONS

6
STADIA

13
RESORTS

151
SPORTS
FIELDS
COMPLEXES

6
SPRAY
PARKS

35
SWIMMING
POOLS

72
BEACHES