

Participation in sport as a protective factor

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ICSRA-team and university teacher from 1999 – present Sport Science since 2006

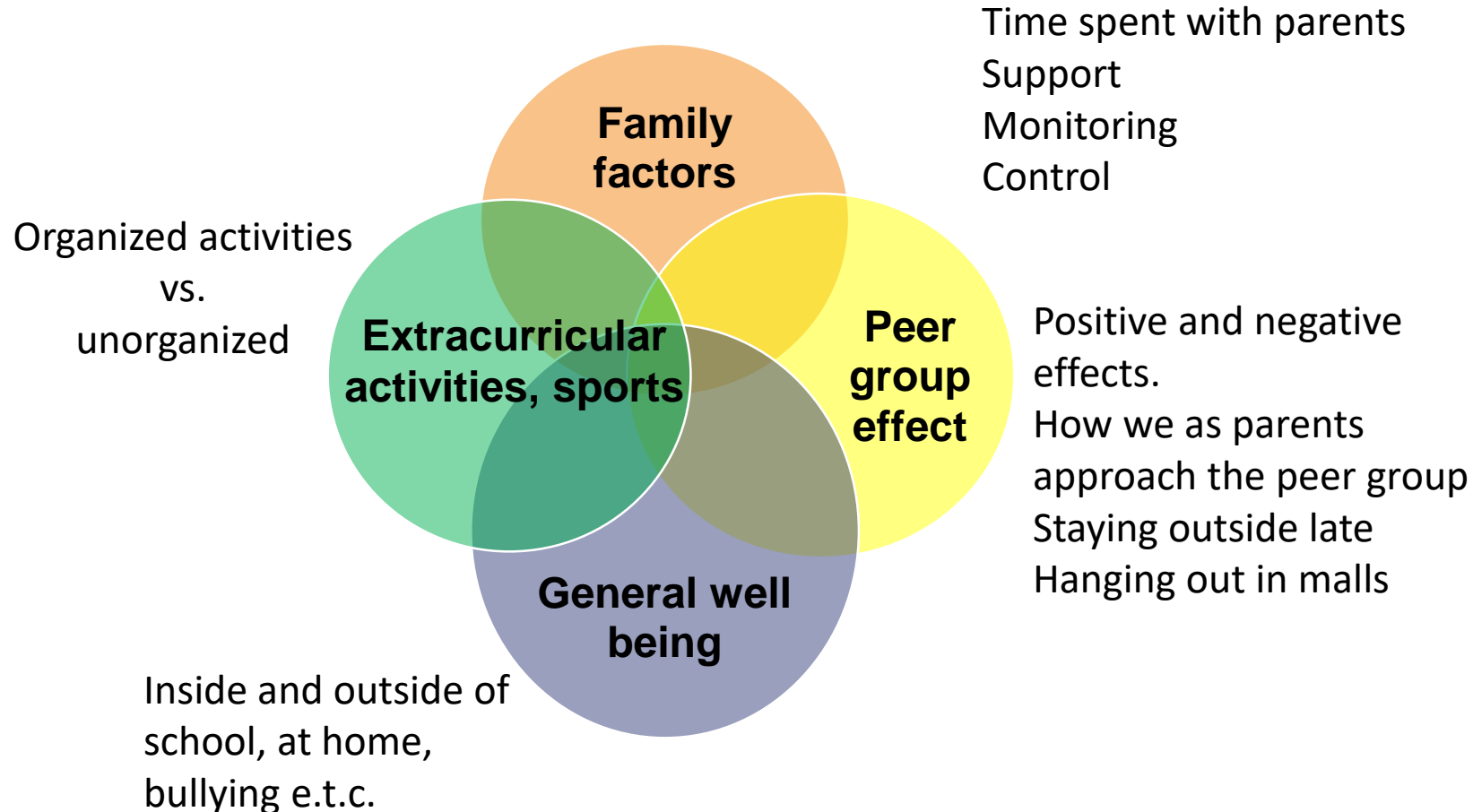


First and foremost
Mother of two, raised within the Icelandic Youth model



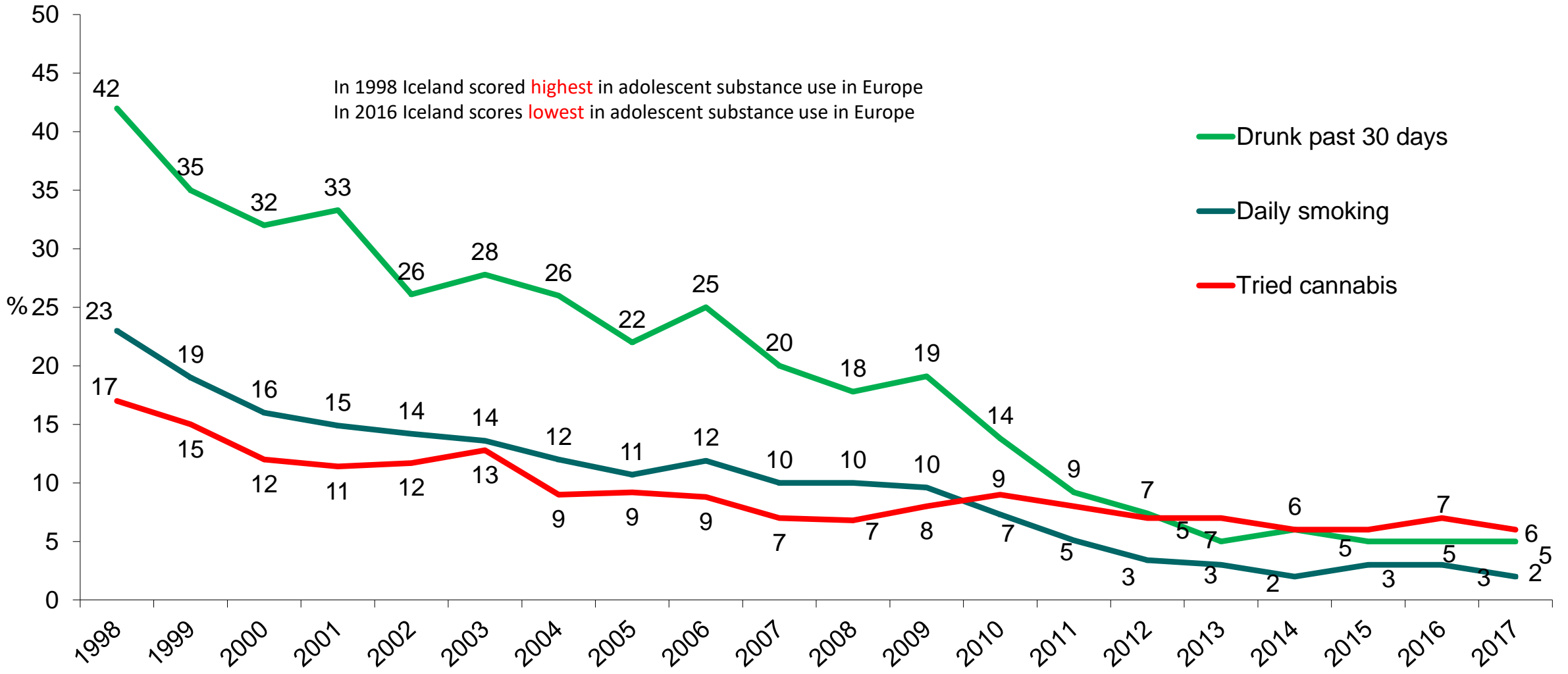
What does the data tell us?

And analysing deeper



Based on the Icelandic Prevention Model

From highest to lowest in substance use – 15/16 year old students



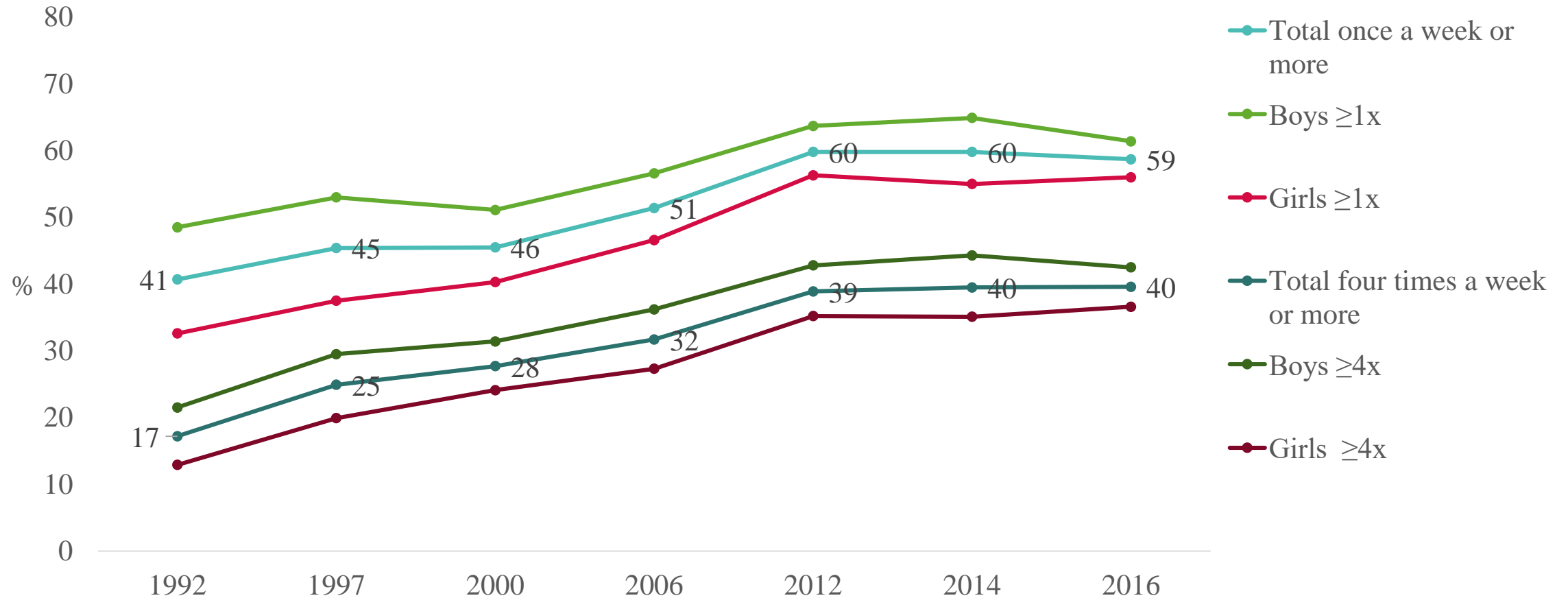
Sport participation within organized sport clubs - once a week or more often

- 2018
 - 15 years old 54% of cohort
 - 14 years old 64% of cohort
 - 13 years old 71% of cohort
- 2017
 - 12 years old 81% of cohort
 - 11 years old 81% of cohort
 - 10 years old 75% of cohort
- Sports clubs and coaches play an important role in society

Up to 90% of all children in Iceland take part in the sport clubs, at one time or another

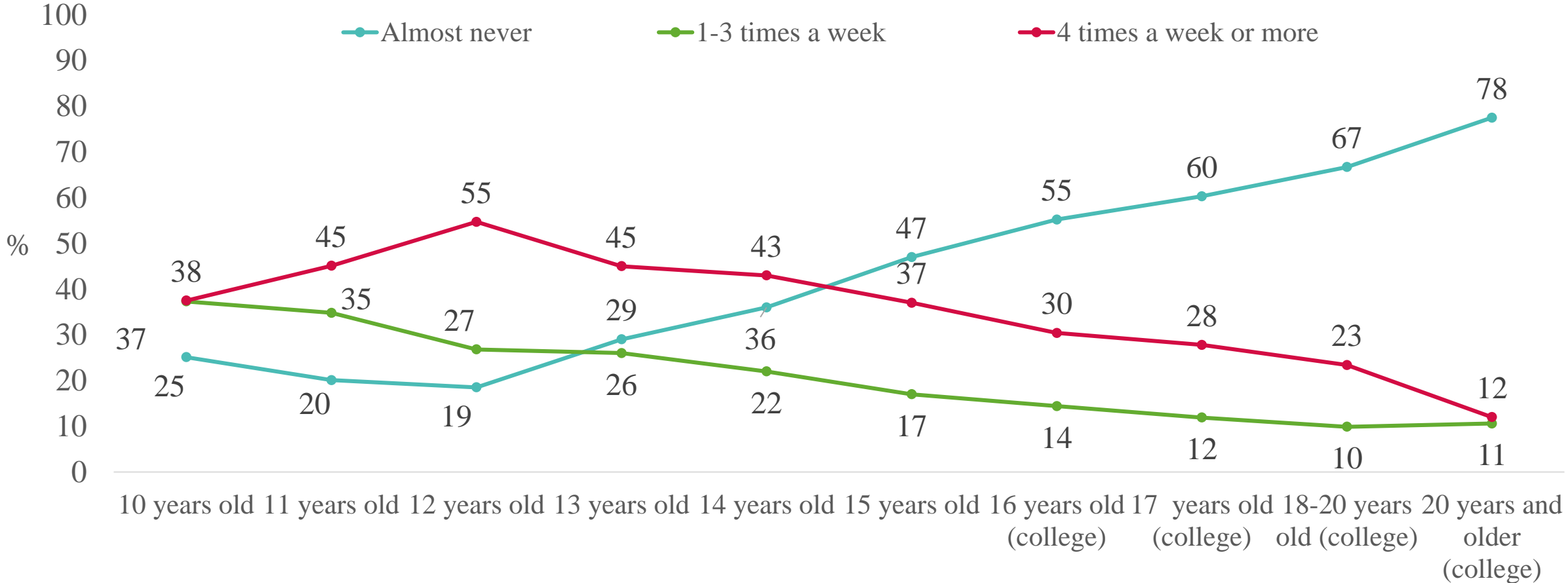


Trends in formal sports participation (ages 14-15), 1992-2016

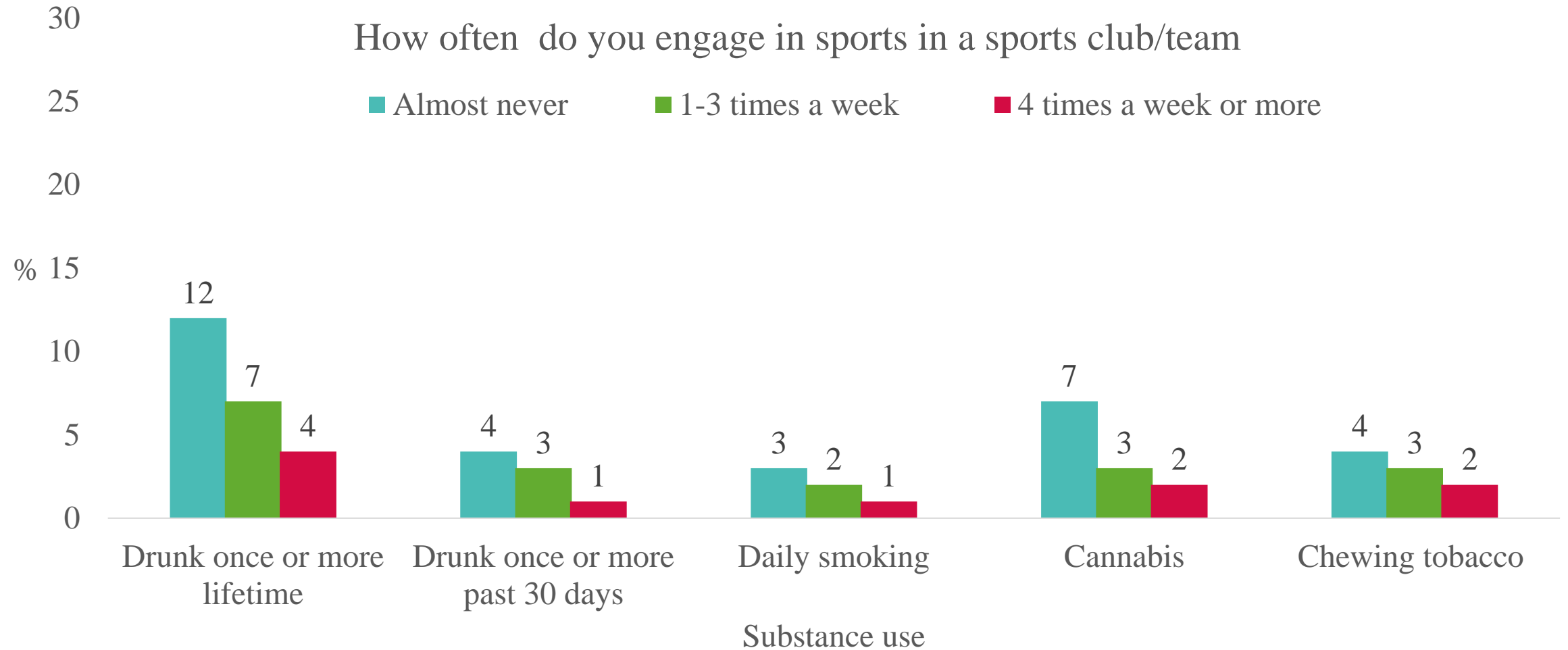


Age trends in formal sports participation (ages 10-20)

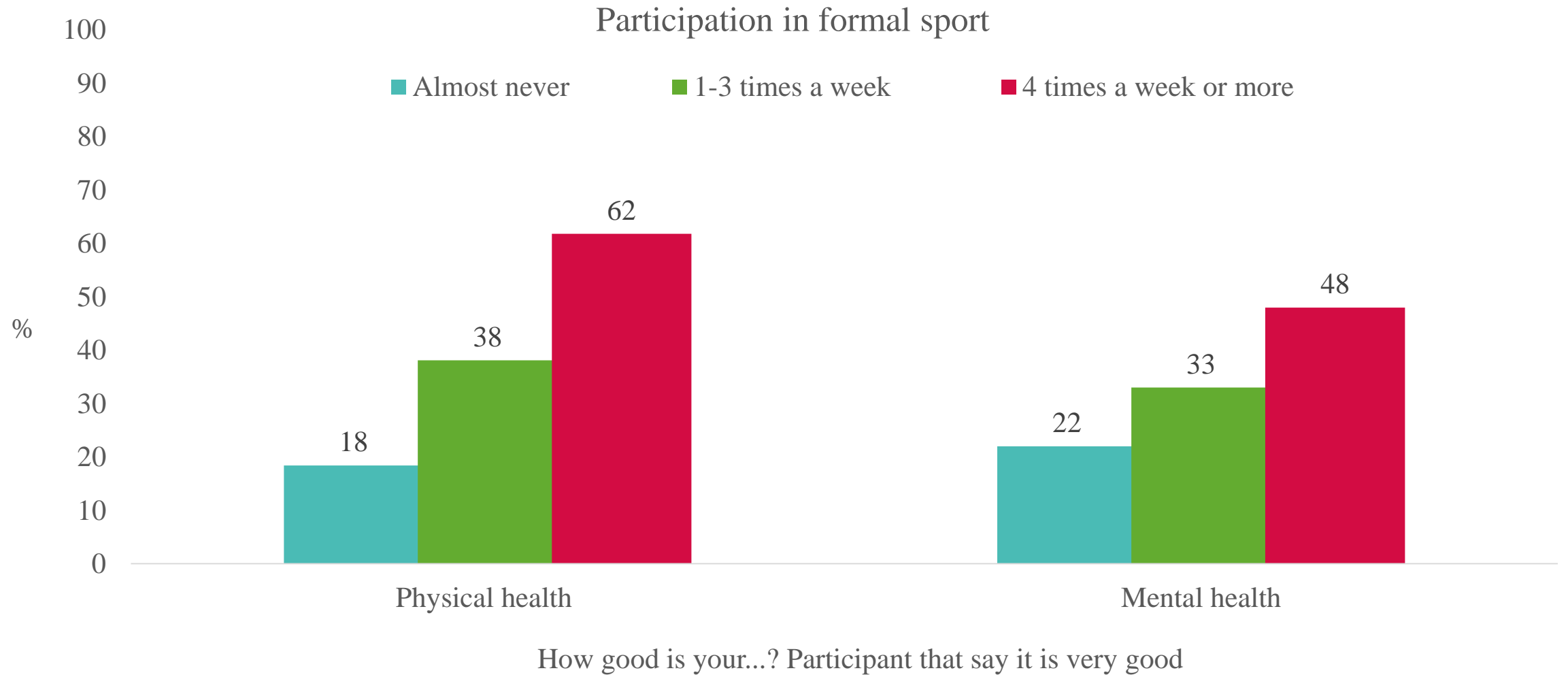
Participation in formal sport



Sports and substance use (ages 14-15), year 2018



Sport and physical and mental health (ages 14-15), year 2018



Sport Clubs in Iceland

Sports for all - Iceland

- Iceland is frequently referred to as “a sporting nation”
- Sports are not only perceived in terms of games and contests, they are an integral part of the daily life of Icelandic people
- Formal sports in Iceland are built around the local sport clubs, which are grass-root clubs that serve the local community, especially children and adolescents
- The clubs work at the community level and are intended for everybody

Opportunity for everyone

Sports clubs



- 330.000 inhabitants
- 400 Icelandic sports clubs
- 89.000 active participants
- 28% of the population

Icelandic Sports clubs

- The clubs are mainly funded by the municipalities which provide sport facilities and employ staff for administration work in the sports clubs
- The state –supports the sport federations
- The sport clubs further rely heavily on the work of volunteers. Around 10% of Icelanders are estimated to work as volunteers in the Icelandic sports clubs
- The volunteers – most often parents of participants and other enthusiasts – sit in boards and committees, establish fund raising and assist around games and tournaments

Sports participation by sports

Sport	Total Participants	Male	Female	<15 yrs.	>16 yrs.
Football	22,638	15,421	7,217	16,284	6,354
Golf	17,772	12,457	5,315	1,502	16,270
Gymnastics	13,138	4,334	8,804	12,247	891
Equestrian	10,998	5,634	5,364	2,811	8,187
Handball	8,221	5,069	3,152	5,765	2,456
Basketball	6,782	4,780	2,002	3,785	2,997
Badminton	5,521	3,166	2,355	2,574	2,947
Track and field	4,982	2,343	2,639	3,274	1,708
Shooting	4,304	4,026	278	3	4,301
Volley ball	3,149	1,068	2,081	737	2,412
Swimming	3,108	1,349	1,759	2,593	515
Dance	2,777	873	1,904	1,477	1,300
Motor sports	2,167	1,915	252	155	2,012
Tennis	1,697	971	726	405	1,292
Karate	1,493	1,078	415	1,128	365
Fencing	1,333	941	392	267	1,066
Skiing	1,295	1,071	224	142	1,153
Sailing	1,256	659	597	922	334
Weight lifting	1,252	899	353	29	1,223
Judo	1,016	900	166	571	495
Other	18,7333	11,570	7,113	7,242	11,441
Total:	133,632	80,524	53,108	63,913	69,719

Changes in the past 20 years regarding

- Role of coaches / sports clubs
- Parents
- Different role models



From parental handbook from the Icelandic Soccer Federation (KSÍ)



tja leikmonnum. Það er því engin ástæða fyrir þig eða barnið að örvaenta þó það leiki ekki í a-liði í yngri flokkum.



Af hverju stundar barnið þitt knattspyrnu?

It is not to forget that you should not let your child play football if you are not ready to spend time with them. Football is a sport that requires a lot of time and effort. It is not a game that can be played in the background.

- Því það er gaman og skemmtilegt
- Til að vera með vinum sínum eða vinkonum
- Til að eignast nýja vini og vinkonur
- Til að bæta sig í fótbolta og læra merra

va hlúti af lífsheld og lífsginu sínu

rkki fyrir foreldra

It is important to be aware of the child's safety and to make sure they are not playing in dangerous areas. Parents should also be aware of the child's behavior and to make sure they are not playing with dangerous objects.

It is also important to be aware of the child's health and to make sure they are not playing if they are sick or injured. Parents should also be aware of the child's behavior and to make sure they are not playing if they are not in the mood.

National heroes – Sara Björk Gunnarsdóttir



National heroes – Gylfi Sigurðsson



Education and payment

Education and Pay

- The sport associations in Iceland place great emphasis on coach's education for formal sports.
- Most club coaches have coaching certificates – to a varying degree depending on different sports.
- This is most notable in football
 - Iceland has one qualified UEFA coach for every 500 inhabitants while some other European countries have one for every 15.000
- Such high numbers of educated coaches is not the case in all sports in Iceland, all sports have paid coaches for all age-groups and most sports place emphasis on providing educated coaches for all participants

Coaches Salary

- **All receive salary for their work**
 - however small
- Payments “under the table” were common
- Now almost all are registered employees
- Increasing number of full time coaches in many sports
- Change in latest teachers union agreements with the government tying them to work until 16:00 each day
- Clashes with early practice sessions for the youngest participants
 - hence more demand for full time coaches
 - used to be opportunity for clubs to have quality coaching



An example

Cost of sport participation in Iceland

- Football
 - 7 year old boy
 - 3x/w for 10 months
- 640 euros total cost
- 365 euros in support from the municipality
- 275 euros final cost for the parents



Breki Harrason

Bus provided by the club collects the children and drives to practice after school



M.Sc.
Sport Science

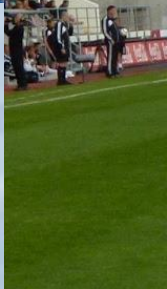
B.Sc.
Sport Science

B.Ed.
Teaching





The role of volunteers



Example of Volunteering in sport

- Fálkar
- Valkyrjur



Fálkar

- Started in 2009
 - Group of fathers
 - Goal to support the youth work of Valur
 - Focus on fundraising
 - Barbeque when teams are playing
 - All kinds of opportunities to gather money



Baldur29@gmail.com

Valkyrjur

- Started in 2010
- Group of mothers and ex-players
- Focus on equal amount of men and women in boards within the club
/ “men in grey suits”
- Lectures for the coaches and participants (youth)
- Working when teams are playing



We know...

That sport participation, exercise, and physical activity have many positive effects on children and teenagers, as well as taking part in organized extracurricular activity (such as sport club).

Physical activity and exercise is positively linked to better academic achievements and has positive influence on diet and self-confidence.

Research has shown sport participation and physical activity to protect against obesity and positively influence sleep and sleeping habits amongst teenagers.

Sport

Organized vs. unorganized

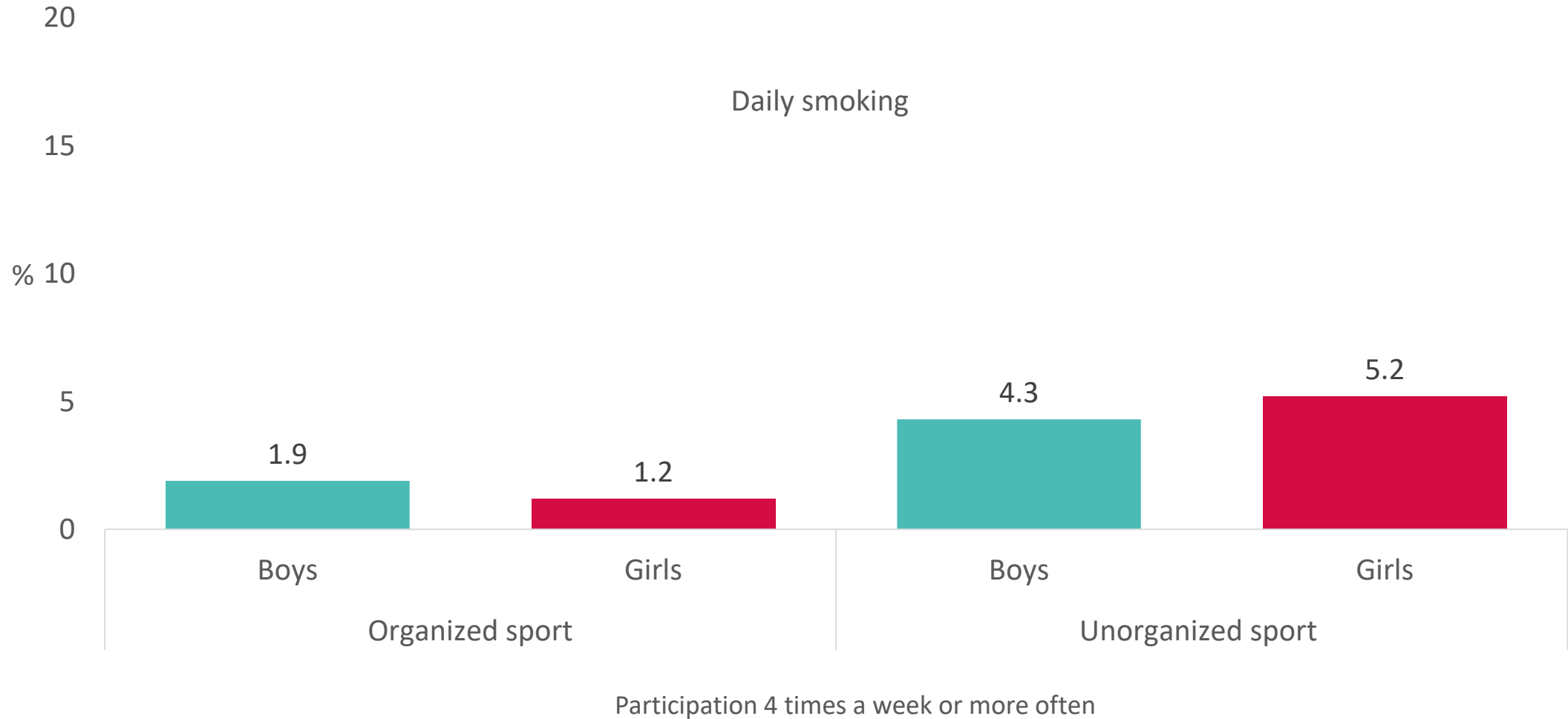
Preventive factors of sport

- Interestingly those relationships only apply to sport participation in formal sport but not to the participation in informal sport
- Informal sport take place outside of traditional sport clubs. And risk behavior such as alcohol use or the use of steroids even increases with increased sport participation outside of the sport
- Participants in the sport clubs are embedded in sport cultures that emphasize positive and healthy values
- The club cultures functions as social control for risk behavior, compared to those who do not participate in sport at all

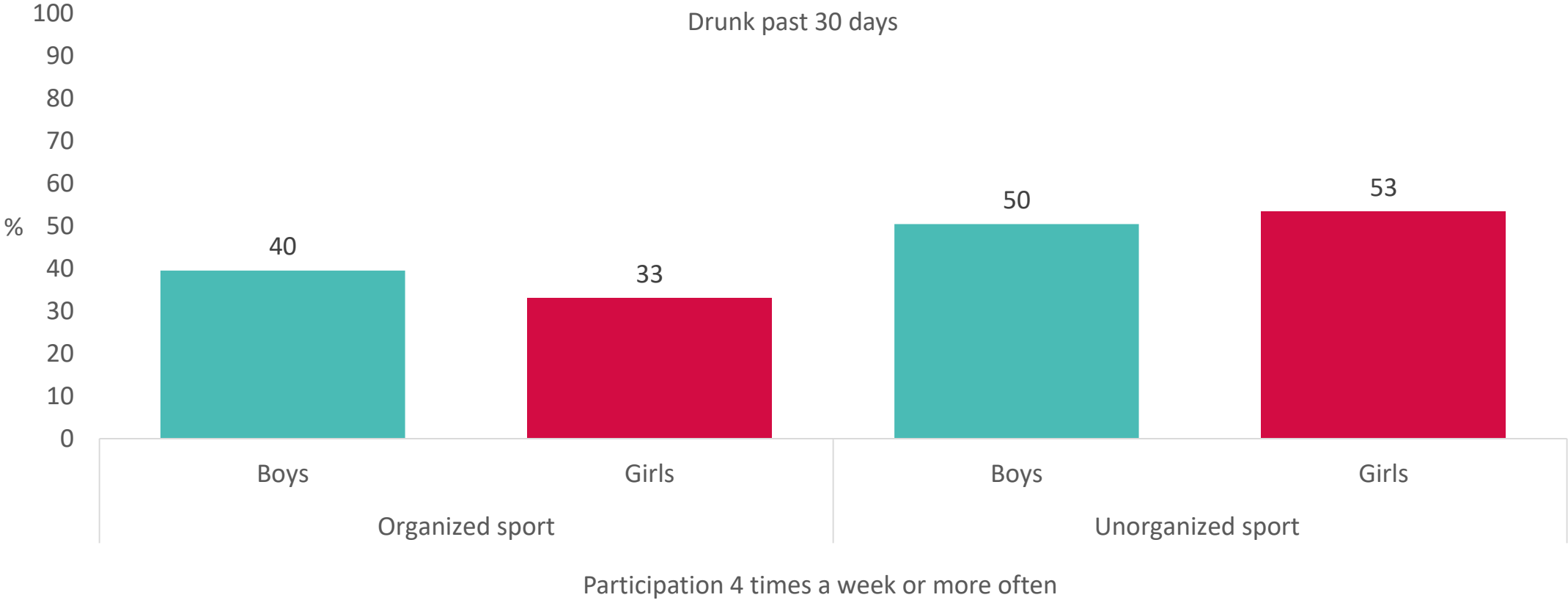
Not the sport...but the culture

- So it is not sport *per se* that has positive benefits for its younger participants
- Rather it is the sport clubs culture and the networks of relationships
- Where the participants are embedded in on day-to-day basis, which shapes the participants experiences and can influence and socialize them in a positive or negative way

Daily smoking: Organized vs. Unorganized High school students (16 and older)



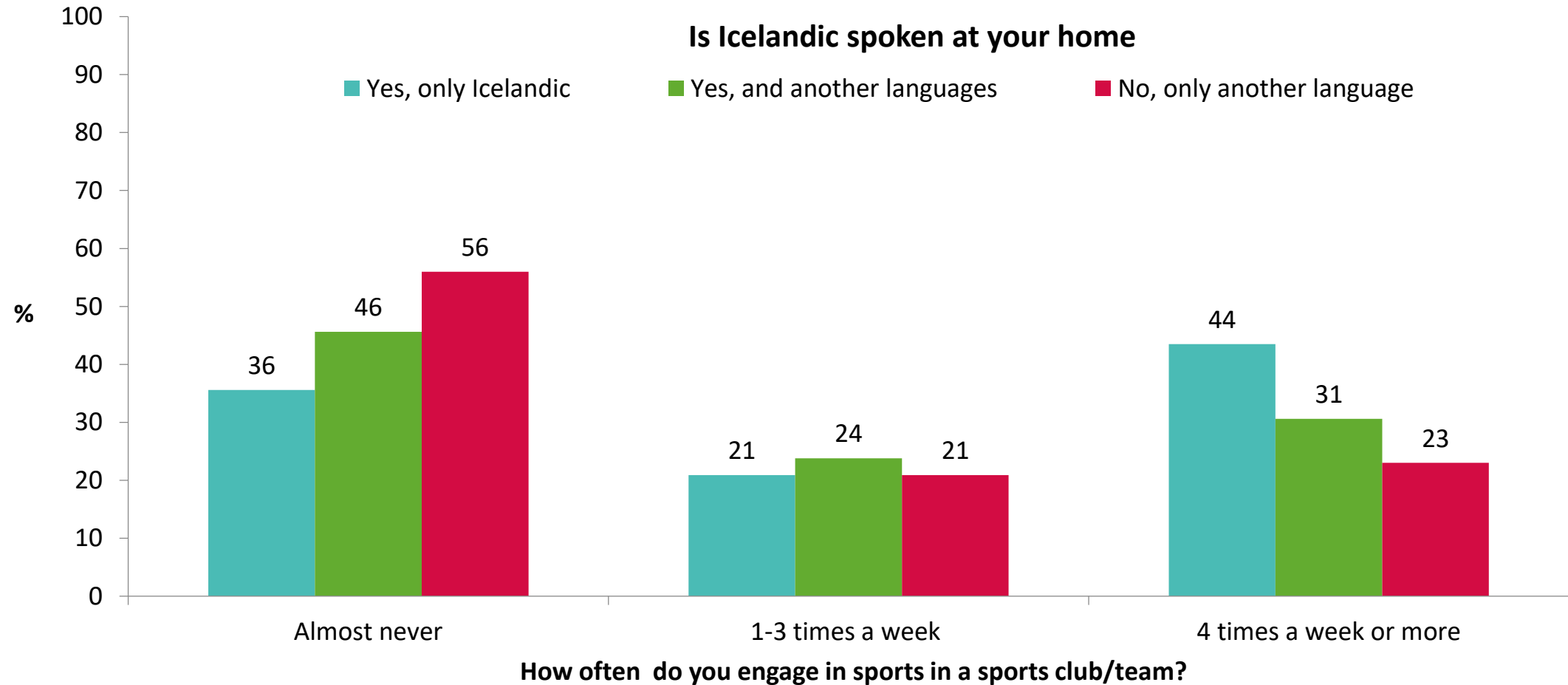
Drunk past 30 days: Organized vs. Unorganized High school students (16 and older)



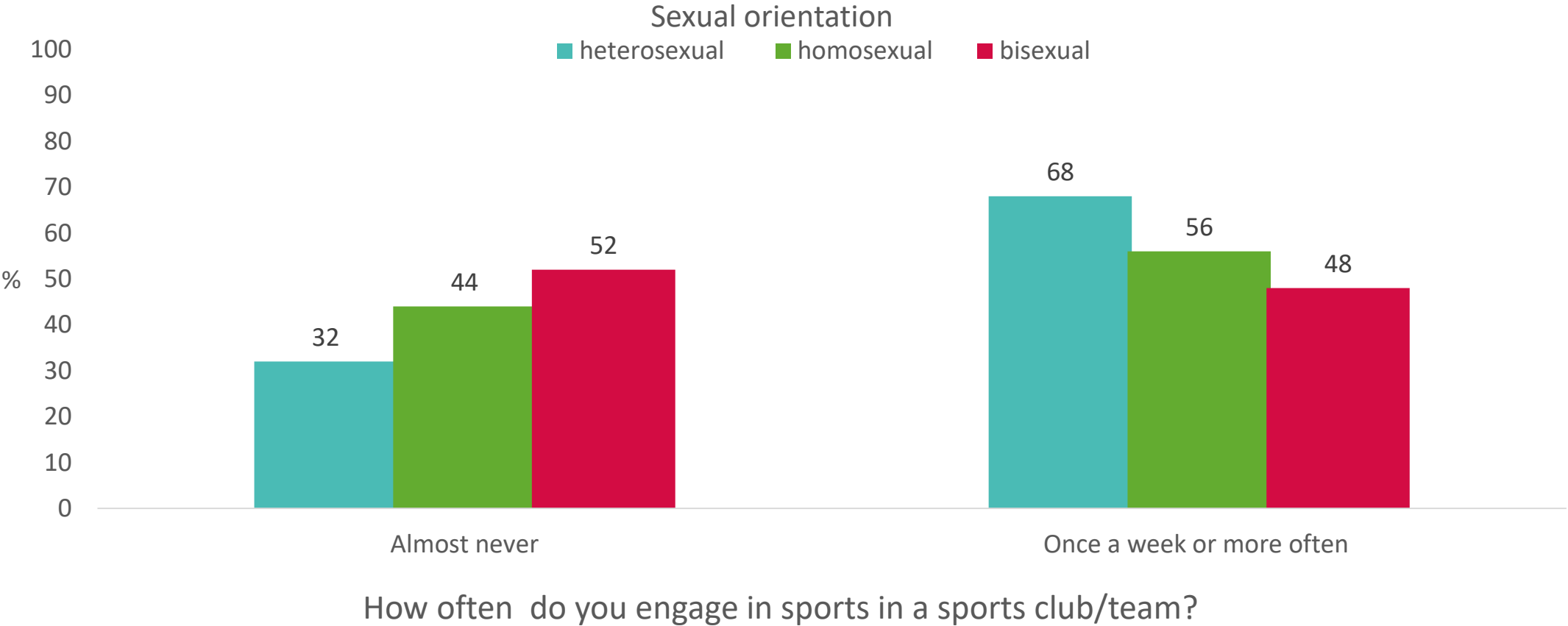
A woman is the central focus, wearing a traditional Mexican Day of the Dead costume. Her face is painted white with black accents around the eyes and mouth, and a red heart on her forehead. She wears a crown of large red and yellow roses and a black top with vibrant pink and green floral embroidery. The background is a blurred crowd of people at an outdoor event.

Challenges for Icelandic sports clubs

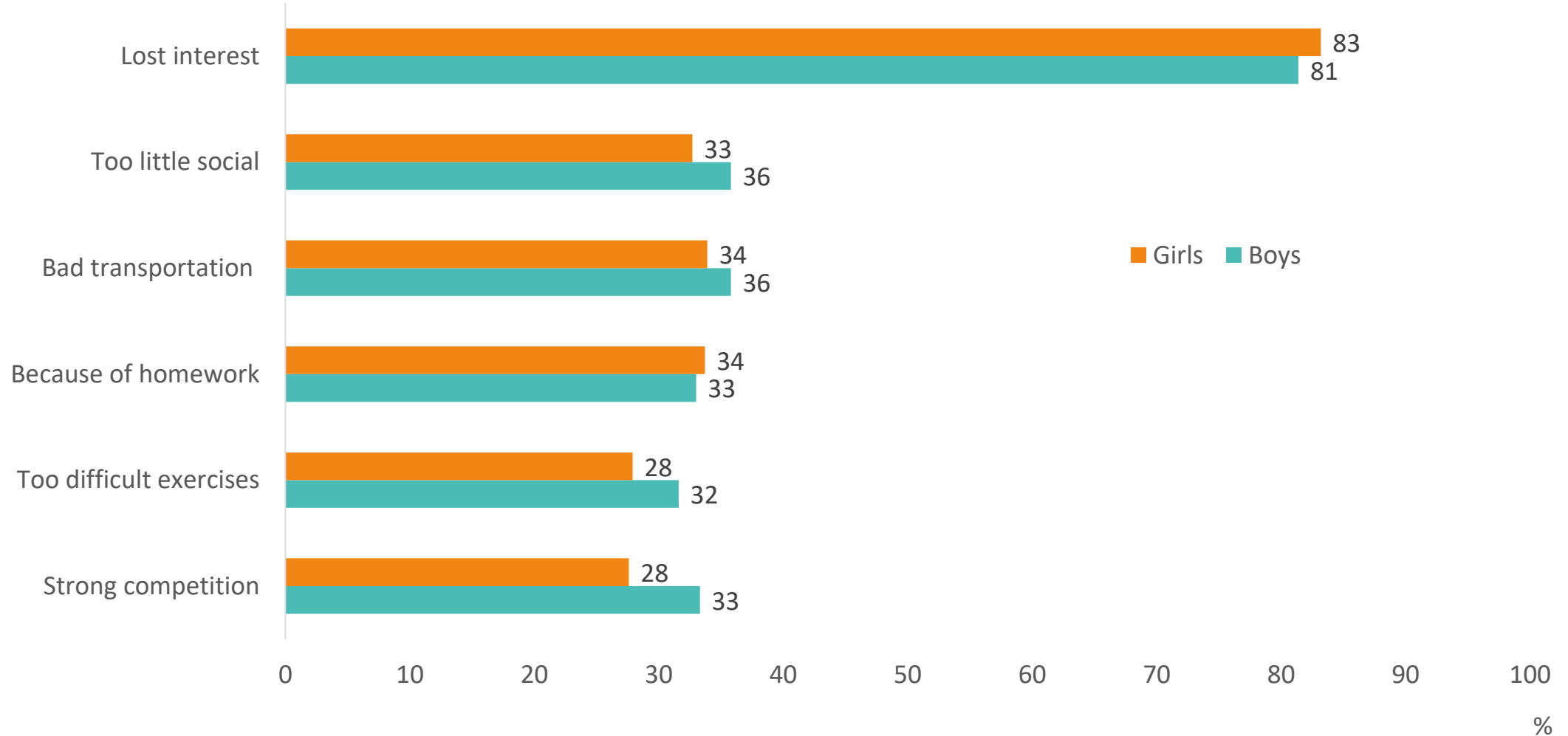
How often do you engage in sports in a sports club/team, analysed by “Is Icelandic spoken in your home”



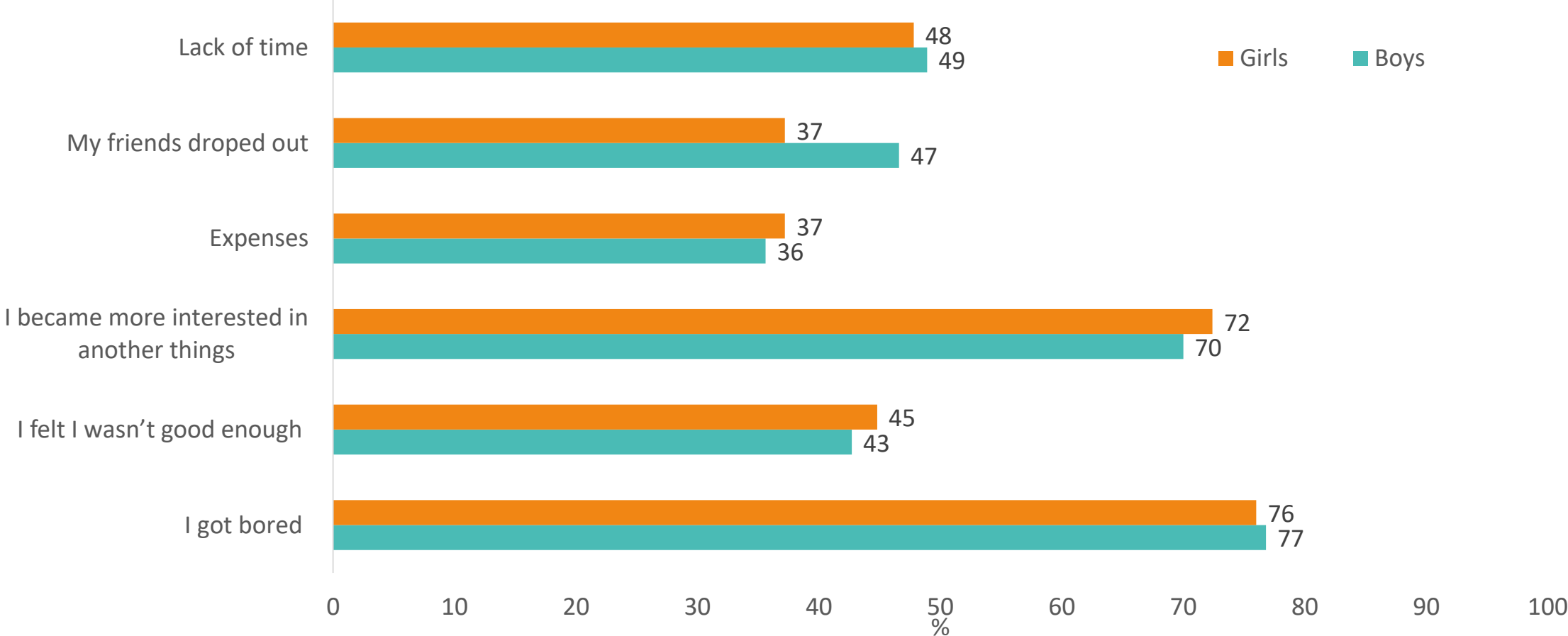
How often do you practice sports (practice or compete) with a sports club, reported by gender and **sexual orientation**, year 2016



If you have ever stopped participating in organized sports how important was the following:



If you have ever stopped participating in organized sports how important was the following:



Let's keep in mind...

- **Organized activities** play a significant role within the Planet Youth model
- Time - We don't change things over night
- Aim - Find the goal
- Not a project - It's about changing the way we think and then act in a different way



Thank you !



www.planetyouth.org