

Active Lifestyles Strategy – Community Survey

Engagement Summary

Central Coast Council

Summary

Between 22 February and 5 April 2021, Central Coast Council sought community input on a range of aspects supporting or preventing active lifestyles to assist with the development of a draft Active Lifestyles Strategy.

The Active Lifestyles Strategy will provide a 10 year plan for public parks and sporting spaces that support Central Coast residents to be active.

To ensure the strategy reflects our communities thoughts, ideas and aspirations we invited the community to participate in a survey.

Engagement Results

We heard from:

- People predominantly aged 35-59; with more than three-quarters being long-term residents of the Central Coast (10 years and longer)
- Most respondents live in Kincumber, Terrigal, Umina Beach, Wamberal, Woy Woy, Green Point, North Avoca, Saratoga, Berkeley Vale, MacMasters Beach, Avoca Beach, Forresters Beach and Wyoming.
- 14 respondents reside in Newcastle, Lake Macquarie and Sydney

85% of respondents provided gender identification (52% male and 33% female) The most popular activities listed by respondents were:

- Mountain biking (57%)
- Swimming at the beach/ waterways (50%)
- Walking/ running on trails and bush paths (49%)
- Cycling on roads and bike paths (37%)
- Water sports (SUP, paddling, surfing, water-skiing) (34%)
- Walking the dog or taking dog to an off-leash space (30%)
- Gym, fitness centre or health club training (25%)

A high number of respondents indicated they participated in multiple activities each week. The prevalent activities undertaken multiple times per week were:

- Walking the dog or taking dog to an off-leash space
- Going to the Gym, fitness centre or health club training
- Mountain biking

How you connected



800 visits to the Your Voice Our Coast website



More than 7,500 social media users reached generating 35 likes, comments and shares.



12,203 stakeholders were kept up-to-date through e-news.



438 surveys completed

The main activities undertaken as a club member (169 responses) included:

- Mountain biking (44)
- Field sports (43)
- Water sports (21)
- Court sports (17)
- Cycling (13)
- Small ball sports (6)

More than half of the respondents indicated that these activities were undertaken socially (rather than as a member of a club).

Approximately one third of respondents indicated that there are other activities that they are interested in, but are unable to for a range of reasons:

- 31% of the desired activity responses mentioned mountain bike riding or aspects related to this activity (types of trails, sanctioned use, pump tracks etc).
- 10% were cycling based (continuous trails, off-road options etc)
- 9% mentioned exercise options (access to equipment and programs etc)

Of the range of reasons inhibiting/ preventing people from increasing activity in their life or participating in an activity that they would like to do; the most frequent response was lack of available facilities.

The following facility-related aspects were rated the most important attracters in choosing local parks, reserves, facilities or trails:

- Bike paths/ pathways for walking, running or riding
- Good quality activity surface
- Access to amenities, toilets and change rooms
- Access to car parking

In addition to general support for Council undertaking the Active Lifestyles Strategy, a range of comments were made about ways to increase/ enhance active lifestyles:

- Improved supportive infrastructure (shade, amenities, benches, bins, water and storage).
- Parks and reserves are important to have and need to be well maintained.
- Increase sports programs, active lifestyle activities and infrastructure (e.g. outdoor fitness equipment and wharfs/ jetties to access lakes).
- Maintain natural bushland and ensure ecological sustainability.
- Improve water quality in the lake
- Maintain open space, parks and sports fields (including walking paths).
- Increase single track MTB trails
- Separate bike and walking trails
- Increased provision of fenced off leash dog areas
- Accessible and inclusive spaces

What's next?

This survey was only a part of the engagement program for this study, as part of this phase of consultation we also conducted a club and organisational survey (the results of this survey are available on the Your Voice Our Coast project page). Another round of consultation is currently underway which includes workshops and meeting with a range of government, Council and community stakeholders.

All of the feedback collected throughout the consultation will be used to inform the draft Active Lifestyles Strategy, the draft strategy will then be placed on public exhibition where the community will again be invited to provide feedback.

We will keep the community informed as this project progresses.

Find out more and stay up to date at yourvoiceourcoast.com

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