

BOOK OF RESULTS



Sports practice is an important human activity that leads to physical and psychological wellness, self awareness, self improvement, and involves good social relationships between practitioners and surrounding people.

More than 70% of the population in Europe lives in Urban areas, therefore to encourage sports activity it's very important to have suitable places for practicing in our cities, where private space is usually expensive and public space it's allocated to something else.

Many places in our cities are abandoned or poorly maintained, due to various institutional problems.

A well equipped and maintained, highly frequented place with a purpose is less likely to attract people with little care, it also inspires the creation of initiatives, non-profit organisations and sports clubs.

There is a particular group of sports that are perfect for Urban Areas, usually referred to as Urban Sports.

KRAP has a specific background on many of these sports, like Parkour, BMX, Skateboarding. These are all freestyle sports, which means that the practitioner mindset isn't limited by any strict rules, but is instead encouraged to find his subjective ways of expression within the sport boundaries, so the surrounding environment plays an important role in the result of these disciplines.

While researching on the real benefit of sport in Urban Areas and to find good practices examples, we've interviewed experts from institutions (municipal council members), leaders of sports organizations, and many athletes.

The result is that the coexistence of sports practice in the right Urban areas create a win win situation where both athletes and institutions are satisfied, in detail, people with passion for a sport find a place to practice it easily with the above mentioned personal and social benefit, the institutions know that such place is frequented from people that will take care of it, and they interact increasing the value of the surrounding area.

After a deep analysis, the staff of the partners of the URBAN LIFE project, co-funded by the European Commission under the ERASMUS + SPORT program and headed by the KRAP association, agreed on the key actors who can facilitate the practice of sports activity in an urban context:

The Citizens - The Sports Organisations - The Institutions

After the work of analysis and research carried out in each country, and After creating a debate on the key project themes with experts and athletes at the conference in Italy, the team formed by the operators of the associations, has selected some good practices and methods for implementing sport activities in Urban areas. The work finalized in an international meeting in the town of Schio (Italy) in February 2020 is summarized in the next 3 pages: **MANIFESTO FOR FREE ACCESS TO SPORTS**

MANIFESTO FOR FREE ACCESS TO SPORT

GOOD PRACTICES FOR SPREADING SPORTS IN URBAN AREAS

FOR CITIZENS

LOOK AT THE CITY WITH A CHILD'S EYES,

Explore different spots and try to practice your favourite sport in many places

REINVENT SPACES

Through your personal initiative, seek fun and social activities (es. Slackline, parkour...)

TAKE CARE ABOUT PUBLIC PLACES

Keep them clean and usable and promote this practice, promptly report to the institutions degradation and suggest easy fixes

BE CURIOUS

Interact with people practising sports in the city, ask them what they're doing if you don't know, try new sports if you have the chance

JOIN PEOPLE WITH YOUR OWN PASSIONS

Share with others and young people, search for existing associations promoting those sports

CONTACT THE INSTITUTIONS

With your group, show them the outcome of your findings and ask support if the activity has special needs

MAKE PROPOSALS AND COOPERATION PACTS

with the institutions, you will have good places to train in exchange of shared responsibilities such as taking care of the place, occasional maintenance, constant activities

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MANIFESTO FOR FREE ACCESS TO SPORT

GOOD PRACTICES FOR SPREADING SPORTS IN URBAN AREAS

FOR SPORTS ORGANIZATIONS

PROMOTE YOUR SPORT

with Accessibility for every age group, skill level and affordability

WELCOME PEOPLE

in your associations practising different sports, and give them support with your knowledge and experience

CREATE MOMENTS OF FREE TRAININGS

or low cost, in different city outdoor places to publicize your activity at more people

APPROACH INSTITUTIONS

explaining your activities, join opportunities promoted by them, ask for support if needed

SUPPORT ACTIVITIES

by sharing positive results of ongoing and past activities through your website, social media and local press

APPROACH PRIVATE SPONSORS

for financing construction and running of sport places

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MANIFESTO FOR FREE ACCESS TO SPORT

GOOD PRACTICES FOR SPREADING SPORTS IN URBAN AREAS

FOR INSTITUTIONS

GIVE A PURPOSE TO ALL SPACES

Public space that is not used, will become a non-place in just a few years, this has negative impact to the surrounding community and passers-by, thus it won't encourage people to take care of it

INCREASE DIFFERENT ACTIVITIES

in existent parks and public places, by supporting practice of sports that can coexist

ENHANCES PUBLIC SPACES

as Urban Common Goods (Beni Comuni Urbani) regulate the care and regeneration of such places to encourage participation and legally protect both sides, avoid giving public spaces to private use at organisations releasing liability for running the place, this scheme will not encourage collaboration and mutual trust and the citizen that can't use the place anymore won't be happy

ENCOURAGE USE OF THE PUBLIC SPACE

by Cooperation Pacts (Patti di Collaborazione) this will inspire a change of the point of view, citizen won't go to the institution only for requests and critics, but he will add values for the city and share responsibilities

CONSULT SPORT PRACTITIONERS

and associations when planning any new urban areas, with small cost and effort you can add some features that will facilitate personal initiative sport practice, involve surrounding citizens to the process of planning the use of the area to find the perfect balance between sport practice and quiet neighborhood

SUPPORT ACTIVITIES

by sharing positive results of ongoing and past activities through official website, social media and local press

BE FAST AND EFFECTIVE

When involving Citizens and Associations to the Participatory design, this will keep people motivated to collaborate and start using the place

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