



Message from the Deputy Secretary

Welcome to the July edition of *Actively in Touch!*

In this edition we feature the opening of the new and improved Ticket to Play voucher program, Amy Cure's retirement from international cycling and Pony Club Tasmania's Return to Riding Roadmap. We hear from sports running successful online programs including Netball Tasmania's training at home program, Kung Fu Wushu's instructor certification and Bowls Australia's webinars for members.

We also feature Good Sports Australia's online forums for clubs and information on Round 2 of the Healthy Tasmania Fund for 2020.

Please remember to share your stories for inclusion in the next issue of *Actively in*

Touch to sportrec@communities.tas.gov.au.

Kate Kent
Deputy Secretary, Communities, Sport and Recreation



Ticket to Play is now open

The improved [Ticket to Play](#) sports voucher program opened on 1 July 2020.

The key objective of Ticket to Play is to increase the number of young Tasmanians playing sport to support the Tasmanian Government's objective of Tasmania being the healthiest population by 2025.

Under the 2020-21 program, people can apply for two vouchers worth up to \$100 for each eligible child towards club membership at [Approved Activity Providers](#). Children aged 5-17 years and listed on a Centrelink Health Care or Pensioner Concession Card or in Out of Home Care are eligible.

Sporting clubs, Scouts, Girl Guide and Cadet organisations are eligible to be activity providers where they meet the [Activity Provider Conditions](#). All Approved Activity Providers from the coronavirus period between January and June 2020 will remain registered

For more information and to apply for a voucher [click here](#).



Amy Cure retires from International Cycling

Amy Cure, two time Olympian, three time World Champion, four time Junior World Champion and Commonwealth Games gold medallist has retired from international cycling.

Amy represented Australia for an amazing twelve years. She was first awarded a TIS Scholarship at 15 years and went from strength to strength over the next 12 years. It was a pleasure to witness her development as both an athlete and person during this time.

Amy claimed her first elite World Championship title in 2012, and over the years secured many more while representing Australia, with a silver and a bronze at the 2014 Commonwealth Games in the scratch race and individual pursuit.

In 2017, Amy became the first person in track cycling history to win a medal in six different world championship events. She has won an incredible 13 World Championship medals - making her the second all-time Australian female cyclist behind Anna Meares.

Selected to represent Australia at the 2020 Olympic Games in what would have been her third Olympic appearance, Amy made the decision to retire following the postponement of the Games due to the COVID-19 pandemic. Talking about her decision to retire, Amy said "It's one of the most difficult decisions I have had to make. I feel the same as I do on the start line at an Olympic



Games or World Championship event. I'm incredibly nervous, but also so excited for the unknown".

"I have settled on this decision and I'm confident I have made the right choice and am excited for the next chapter in my life. Cycling has taught me so much and I've learned valuable lessons along the way, with those lessons shaping me into the person I am today. I've learned to be disciplined, perseverant and optimistic, but I think the biggest thing I have learnt is how to be resilient."

"But after making cycling my priority for the last decade, my relationships with family and friends are my priority now".

"I've been fortunate to have some pretty influential people during my career, both on and off the bike. It is hard to thank everyone, but I would like to mention Matthew Gilmore, who has been beside me all 15 years of my career. Whether it was his coaching at the TIS or Cycling Australia, he has been such an influential mentor to me personally and to my career as a cyclist."

TIS Head Cycling Coach Matthew Gilmore said "It has been humbling and extremely satisfying to have played a role in Amy's career. In her formative years, Amy was one 'outside the box' in that her testing data didn't always show great numbers, and she wasn't the best trainer - she was a born racer and her success proved that. A girl from the West Pine who went on to conquer the cycling world is something Tasmanians can be very proud of. We will miss Amy's energy, professionalism in our training environment, but I am very happy for her to explore the next chapter in her life."

Netball Tasmania Training at Home Programs

Netball Tasmania has created a range of at-home netball training programs for their members to access online. The programs have been put together by the Tasmanian Magpies coaching staff and the TIS. All programs are available on [Netball Tasmania's website](#). To date, there are 12 weeks of the programs accessible for players and the resources will be updated regularly. The programs increase in difficulty as players work through the various sessions.

While competition is currently suspended amidst COVID-19, Netball Tasmania is encouraging all members of the netball community to #stayinworkout. The aim of the sessions is to keep all players fit and healthy so that everyone can return to the court with sharp footwork and energy to burn. Practicing ball skills and drills is designed to help players achieve fitness goals once it is safe to return to play.

New content is published regularly on [Netball Tasmania's](#) social media platforms.



Netball Australia also partnered with NETFIT to deliver live and free netball workouts and programs to help keep the netball community active during the competition suspension. The launch occurred on 23 March 2020 and ran for six weeks. Players can view the offer on the [NETFIT website](#).

Pony Club Tasmania - COVID-19 Return to Riding Roadmap

Pony Club Tasmania (PCT) has been working hard working during COVID-19 to support its members and has developed an easy to understand *Return to Riding Roadmap*.

PCT has remained in regular contact with Communities, Sport and Recreation to stay abreast of current guidelines and restrictions and to ensure the information and educational resources provided to members is accurate and of a high standard.



PCT developed an easy to understand infographic with an overview of the stages of easing of restrictions and requirements for clubs.

Pony Club Australia has highlighted the outstanding work by PCT and Pony Club Victoria has used it as a basis for its own plan. PCT President Karina Johnstone said, "for a small state it is great to be recognised by the national body for producing a high standard of work and also by one of the other larger states."

Tasmania continually holds its own in pony club circles with other recent achievements including a huge body of work in the governance space.

To see the Pony Club Tasmania Return to Riding Roadmap and other supporting documents visit the [Pony Club Tasmania website](#).

COVID-Safe Online Training for Kung Fu Wushu Instructors

Martial Arts instructor certification MAIA (Martial Arts Industry Association) President, Walt Missingham, has announced the rollout of the COVID-Safe Martial Arts Instructor Certification Program.

The program provides online training for any martial arts instructor and is being provided by the MAIA as a free service to the martial arts industry to provide pathway through which instructors can obtain the training needed for a safe and legal resumption of their classes.



Missingham acknowledged the input of the certification development team and said that this is essential and vital job for the industry had been completed in record time. The COVID-Safe Martial Arts Instructor Certification course ensures instructors take the appropriate measures when conducting martial art classes.

Exercise is an essential component for strengthening health and immunity and with restrictions gradually being lifted, it is important for individuals to return to community-based activities with confidence. The free program is for martial arts schools and instructors to become well informed and properly equipped to conduct classes and give their students peace of mind to return. Instructors can be confident that they are following the proper guidelines to keep their students safe and protected from COVID-19.

The program can be accessed at the [MAIA website](#).

Get Moving Tasmania Activity Award

Communities, Sport and Recreation are proud sponsors of the Get Moving Tasmania Activity Award, presented annually at the Tasmanian Community Achievement Awards.

Being physically active on a regular basis creates a wide range of benefits for individuals and the communities in which they live. Regular physical activity is a major contributing factor in preventing a number of chronic diseases and can benefit both physical and mental health. Physically active communities are inclusive, healthier and happier.



The Get Moving Tasmania Physical Activity Award acknowledges the important role not-for-profit community organisations play in keeping Tasmanians active. The award is presented to community organisations providing programs, services and projects that increase, improve or provide physical activity participation opportunities in communities.

The 2019 Get Moving Tasmania Physical Activity Award recipients were Risdon Vale Bike Collective. The collective works with young people from Risdon Vale to restore, sell and ride bikes with the aim to increase social cohesion, work readiness skills and recreational opportunities and provide a place to grow in character and life skills.

If you know of a community organisation providing positive physical activity opportunities in your community, [nominate here](#) for the Get Moving Physical Activity Award.

Nominations close: Wednesday 22 July 2020

**Please note this award is not open to individuals.*

Bowls Australia online Officiating Courses and Training Webinars

Bowls Australia are conducting online webinars and competition training to assist their affiliate clubs and members during COVID-19.



BOWLS
TASMANIA

Club members are easily able to access the competition training and webinars online.

The webinars last for about 30 to 40 minutes and are conducted by Kelvin

Rogers the Training and Support

Coordinator from Bowls Australia. Each session has a question and answer component and viewers can type in questions and receive answers during the webinar. Sessions topics include inputting match results, using the BowlsLink System and website set-up.

Online Officiating Courses can also be accessed using Zoom. Rebecca Van Asch, CEO of Bowls Tasmania, is currently offering three officiating courses: Marker, Measurer and National Umpire. Each session will have a maximum of five participants and sessions run for approximately three hours. These courses have also been heavily discounted for club members.

More information available on the Bowls Tasmania [website](#).

Hey Sport, R U OK?

We all know the crucial role sport can play in building community and there has been much work done by many to break down barriers, reduce stigma and provide a safe and inclusive environment where everyone can thrive.

R U OK?TM

A conversation could change a life.

R U OK? is working with sport and recreation organisations, their members and communities to prevent suicide. With backing from QBE Foundation, they have launched the **Hey Sport R U OK?** campaign.

Hey Sport, R U OK? is for all participants, officials, administrators and supporters across the grass roots sporting community. The campaign is designed to complement existing efforts through building an R U OK? culture that encourages everyone involved to support each other both on and off the field.

R U OK? are please to share resources with community on through their website [here](#), where they are free to download. We would appreciate your support to share the resources with your networks via digital or printed distribution and display.

Clubs Tasmania

Clubs Tasmania is looking forward to the return of community club activities as restrictions are gradually eased in Tasmania. Clubs Tasmania and the team at the THA are there to help community club volunteers navigate the challenges COVID-19 has presented the industry.



In partnership with Typsy, Clubs Tasmania has made more than 700 videos online resources and quizzes available for free until 30 April 2022. Valuable information and helpful advice is available in several languages to guide clubs through the legislative requirements of COVID-19 Safe Workplaces Plans. Contact Penny Holmes penny@tha.asn.au to set up access to Typsy for your club and volunteers.

For information around how Clubs Tasmania can support your community, visit the [THA website](#) or call 1300 125 827 or email Andrew at andrew@tha.asn.au.

ADF Campaign - You haven't Been Drinking Alone

Nearly two months into COVID-19 induced isolation, data from the Alcohol and Drug Foundation (ADF) suggests Australian parents have been consuming more alcohol, more frequently.

Since lockdown began, more than one in four (29%) parent have increased their alcohol intake, with almost one in six saying they've been drinking every day.

As we start to move towards a 'new normal', the ADF is encouraging parents to be mindful of their drinking habits and the role it can play in shaping their children's attitudes and behaviours towards alcohol. There is compelling body of evidence

highlighting how parental behaviours and attitudes towards alcohol play one of the strongest roles in influencing children's future behaviour towards alcohol. It's really important our children do not view alcohol as a coping mechanism for feelings of stress, anxiety and boredom.

The good news is, just as adults can easily form and pass on unhealthy behaviours to children they can just as easily do the opposite. As restrictions of coronavirus begin to ease, parents can quickly re-establish themselves as positive role models.

To find out how your drinking may be affecting your children, check out the campaign videos by visiting the ADF website [here](#).



A campaign Toolkit has been created that includes resources, graphics and accompanying wording to help you easily share important messages to your networks. Just click the [link](#) to access the kit and downloadable resources to support the campaign.

Good Sports Unites Local Clubs at Online Forums

Community sporting club representatives from across Tasmania have united at online Good Sports forums to hear how they can help build healthy and family friendly club environments and keep members connected during COVID-19.



Delivered by the Drug and Alcohol Foundation's Good Sports team, several forums have been conducted covering the topics of:

- The benefits of being part of the Good Sports program,
- How clubs can promote mental health wellbeing through the Good Sports Healthy Minds Program,
- Practical tips for ways for clubs to keep members connected during COVID-19 using social media,
- Introduction to ADF online learning modules on alcohol management and illegal drugs.

The forums have been supported by councils, leagues and associations across Tasmania who are working towards achieving the Good Sports Excellence Award. The Good Sports Excellence Award is a recognition aimed at acknowledging local councils, leagues and associations in Tasmania that have shown a strong commitment to implementing the Good Sports Program in their community. To achieve the Award, an organisation must undertake certain activities and meet criteria, such as supporting the coordination of a forum to sporting clubs.

Good Sports is Australia's largest preventative health initiative in community sport and is helping nearly 10,000 clubs nationwide build healthier, more family friendly environments. "Good Sports offer clubs free tools, resources and practical support to implement policies around alcohol management, tobacco, illegal drugs, positive spectator behaviour and safe transport," said the Alcohol and Drug Foundation's Tasmanian State Manager, Daniel Vautin.

"Sporting clubs are the beating heart of many communities and can play a vital role in keeping the community connected, especially at this uncertain time. These forums enable club representatives to come together and receive information and expert support they need to help engage with their members and create inclusive club environments that support mental health and wellbeing."

More than 500 clubs in Tasmania are part of the Good Sports community.

For more information about the Good Sports program, go to the [Good Sports website](#).

Healthy Tasmania Fund Round 2

The Healthy Tasmania Fund Round 2 will open 7 September 2020, with applications closing on 30 October 2020.

Two million dollars is available for community organisations and local governments to invest in the health and wellbeing of their communities.



Successful projects will build community connections while helping Tasmanians:

- reduce smoking
- improve healthy eating
- be more physically active
- improve mental health and wellbeing

The Healthy Tasmania Fund Round 2 will provide grants up to \$200 000 for projects or initiatives up to two year. There will be small grants (up to \$30 000) and large grants (\$30 001 to \$200 000).

These grants aim to strengthen community connections and help people live happy healthy lives. Healthy Tasmania is a key part of the Tasmanian Government's investment to prevent chronic conditions and improve the health and wellbeing of all Tasmanians.

Find out more about the Healthy Tasmania Fund Round 2 visit the [website](#).

Email ahelthytasmania@health.tas.gov.au for more information or to join the Healthy Tasmania mailing list.

COVID-19 Sport and Recreation Grant Program - Tranche 2

The COVID-19 Sport and Recreation Grants Program Tranche 2 is now open.

Funding of up to \$3 000 per organisation is available to eligible sport and recreation clubs in Tasmania. This funding will assist clubs in ensuring the safe return to play under the organisation's COVID-19 Safety Plan or Return to Play plan.

Eligible projects include the purchase of equipment or supplies including hygienic supplies, extra equipment for training and games, protective equipment for player/s and printing of signage.

Organisations are eligible to apply for reimbursements for purchases made on or after 8 May 2020.

The program guidelines and application form can be found [here](#).

For further information contact Communities, Sport and Recreation on 1800 252 476 or emailing sportrec@communities.tas.gov.au.

Applications close on Monday, 31 August 2020.



Everyone Can Play

Working It Out (WIO) is Tasmania's only dedicated LGBTIQ+ support, advocacy and education service. WIO is inviting all LGBTIQ+ Tasmanians, plus all other Tasmanians who are involved in sport, to participate in Phase 1 of its new Everyone Can Play project.

Everyone Can Play intends to help sports clubs and associations to create more welcoming spaces for LGBTIQ+ Tasmanians, ultimately increasing opportunities for physical activity.

In completing the survey, you will be helping WIO to have a better picture of what's happening in sport in Tasmania, and to design a program that will have the most impact.

You can take the survey [here](#).

For further information about the survey or Working It Out's LGBTIQ+ inclusion in sport project "Everyone Can Play" please contact the Project Manager: Olivia Hogarth on (03) 6231 1200 or at liv@workingitout.org.au



working it out

Tasmania's gender, sexuality and intersex
status support and education service

Coronavirus disease (COVID-19) website

The Tasmanian Government website provides up to date details and information about the coronavirus restrictions and the latest news for all Tasmanians.

On the website you can find information about:

- coronavirus facts,
- keeping yourself and your family safe,
- sport and recreation,
- businesses and employees,
- travel advice,
- stimulus and support programs.

You can access the website at www.coronavirus.tas.gov.au



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Communities, Sport and Recreation
communities.tas.gov.au/csr
GPO Box 65
Hobart TAS 7001
1 800 252 476

