

HBHM Additional Information – Physical Activity and Sport 2020

	Criteria	Additional Information
TRAINING TOWARDS	Map current activity opportunities and uptake on campus	Provide details of activities taking place on Campus. This can be through a link to your website, or a provided list, as long as all the information is collated together.
	Establish activity baseline for student population	Meet with SSS Development Team and map out current activity levels, reflecting existing uptake by students within sports clubs or recreational sessions.
	Deliver agreed basic level of organised activity	Provide the details of the activities organised that support the institution meeting the baseline. This can be with a link to your website or an activity calendar, along with accurate participation figures.
	Publish baseline report	Upload a report on baseline physical activity onto basecamp. This can be a report you already publish if the information is available and concise, or you can create one specifically for the HBHM project. Please discuss with SSS Development team if you would like a template for the report.
BRONZE	Consult SSS on Physical Activity aspect of future Student Mental Health Agreement	Meet with SSS Development team to establish a plan for Physical Activity within the next edition of your Student Mental Health Agreement.
	Map current community provision for physical activities	Provide details of activities taking place in your local community. Need help? Please speak to your SSS Regional staff member for support.
	Survey students about activity preferences	Agree with the SSS Development team how many students you will survey and what needs to be asked. Not sure where to start? SSS can provide a template survey for you, and help with collation and analysis of results.
	Deliver agreed level of organised weekly activity	Provide the details that support your bronze level activity, agreed in advance with SSS. This can be with a link to your website or an activity calendar, along with accurate participation figures.
	Regularly promote SSS and community activities in physical activity and sport	Provide evidence of where you promote student sport and local community activities, via social media, notice-boards, e-mail or equivalent
	News item/case study on students that enjoy active student lifestyle	Provide a case study on students enjoying an active student lifestyle. E.g. Your institution has set up a campus-based Parkrun, organised and delivered by student volunteers.
	Publish activity preference survey results	Share the findings of your student survey via basecamp – as well as back to your student population.
SILVER	Physical Activity and HBHM specific targets within Student Mental Health Agreement	Show evidence of the linkage between HBHM and the Student Mental Health Agreement, including overt references to physical activity aims.
	Survey participants and service users to measure satisfaction	This can be done through your own survey or through using the Census Tool, a simple online survey tool available through SSS.
	Workforce planning for future activity ambitions on campus	Details of training opportunities for workforce to train to deliver activities.
	Deliver agreed increased level of organised weekly activity	Provide the details that support your silver level activity, agreed in advance with SSS. This can be with a link to your website or an activity calendar, along with accurate participation figures.
	Profile students attending sports competitions or on campus activities	Provide social media, news or other comms evidence highlighting students who have taken part in appropriate activities alongside their studies
GOLD	Long-term plan for physical activity and sport within institution	Provide a copy of the four year plan that has been shared with SSS Development staff and is formally adopted by your institution.
	Support structure for students and staff to volunteer in physical activity and sport	Detail any incentives or time given to volunteer through employment contracts or incentive schemes.
	Deliver sustained increased level of organised weekly activity	Provide the details that support your gold level activity, agreed in advance with SSS. This can be with a link to your website or an activity calendar, along with accurate participation figures.



Key Contact

Area	Contact	Contact Details
HBHM Wide		<p><u>Scottish Student Sport (SSS):</u></p> <p>Sarah Gandon Tel: 07779 117 120 Email: sarah@scottishstudentsport.com Website(s): http://www.scottishstudentsport.com/mentalhealth/</p>
Physical Activity and Sport		