

European Football for



Development Network

EFDN



PRACTITIONER'S GUIDE

CHANGING LIVES THROUGH FOOTBALL



Co-funded by the
Erasmus+ Programme
of the European Union

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“ IT WAS SATISFYING
TO SEE THAT AT THE END
OF THE PROGRAMME
I SAW THAT ALL
SMALL CHANGES
ADDED UP
TO A MASSIVE PAY OFF. ”

CHANGING LIVES THROUGH FOOTBALL



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ACTIVE FANS:

ENGAGING FANS TO GET FIT WITH YOUR CLUB

In 2018, the European Football for Development Network (EFDN) and 9 other project partners launched the Active Fans project. The aim of the project, is to encourage fans to get fit with their favourite clubs. The results of the delivery of the project are impressive:

- 442 participants from 7 countries
- 387 fans finished the programme
- Total weight loss of 1217.3 kg; average of 2.75 kg per person
- Total waist loss of 2136.1 cm; average of 4.83 cm per person

This EFDN Practitioner's Guide, and similar resources, provide clubs, leagues and FAs with the opportunity to easily set up their own Active Fans programme and to start making positive impacts on the health of their fans. The project partners collaborated and created an impactful methodology based on several pillars.



SCIENTIFIC GUIDANCE AND INDIVIDUAL OBJECTIVES

Using football as a motivational tool, the Active Fans programme stimulates football fans to follow health, nutrition, and physical activity guidelines. These guidelines are important factors in improving the physical and mental health of fan groups from across Europe. The Active Fans methodology focuses primarily on fans that are at least 35 years old. Every participant chooses their personal objectives, follows sessions delivered by staff members of clubs and their foundations, and is empowered to change their lifestyle in a way that benefits their physical and mental health.

KNOWLEDGE AND EXPERIENCES FROM PARTNERS

The Active Fans methodology is based on Football Fans In Training (FFIT), created by EFDN member Scottish Professional Football League Trust (SPFLT), and the University of Glasgow. FFIT is a high quality delivery methodology that was used by EFDN as the core framework for Active Fans in combination with the Healthy Football League Methodology. EFDN was able to implement a high quality health programme on a European level, based on the SPFLT's guidelines and benefitting from the knowledge of the Active Fans' project partners. For more information on the delivery of this programme, please contact the Scottish Professional League Trust, as you may require a FFIT license to implement this programme.

A NEW APP TO MAXIMISE THE IMPACT

The Healthy Football League is an online competition that aims to use the love football fans have for their clubs to stimulate them towards increasing their physical activity levels. The idea behind the app is that football fans are motivated to exercise if they can beat the fans of their rivals. The league system used on the app provides clubs and their fans with an opportunity to claim the title of the fittest club in Europe.

Users of the app receive points for running, walking or cycling based on the distance they cover, amount of steps they take, and calories they burn. Alongside scoring points for their clubs, the fans will also be able to gain recognition for individual achievements, such as being crowned the fittest football fan in Europe. Fans can also monitor their progress on a daily and weekly basis.

The Healthy Football League app was tested by Active Fans participants and can be used by football fans of all ages. The main target group of the app, is the part of the European population (+/- 60%) that is frequently inactive. However, the app also targets people that are already very active, so that they can impress their peers with their performances. The benefits of the app also extend into CSR programmes in the football sector, as it is a valuable tool for health related projects, such as Active Fans. Clubs that run these projects and are administrators on the app can assign badges to participants of their community programmes using the app.

AIMS



THIS ACTIVE FANS PRACTITIONER'S GUIDE HAS BEEN CREATED TO PROMOTE THREE KEY OBJECTIVES :

1

ENHANCE THE NUMBER OF PEOPLE THAT ENGAGE IN PHYSICAL ACTIVITY

2

PROMOTION OF THE EU GUIDELINES ON HEALTH-ENHANCING PHYSICAL ACTIVITIES (HEPA)

3

ENHANCE THE NUMBER OF SOCIAL INTERACTIONS BETWEEN LOCAL PARTICIPANTS

WHY DELIVER AN ACTIVE FANS PROGRAMME?



As a club or community foundation, you will benefit from the Active Fans programme a lot. We have gathered some arguments for why you should set up a group with fans from your club soon.

MAKE AN IMPACT

The first delivery of the programme has proven that the methodology is successful in countries all across Europe. One of the participants lost 14,1 kg after 12 weeks. On average, every participant lost close to 3 kg, and the majority of the beneficiaries could feel a significant difference regarding their physical and mental health.

CONNECT WITH THE COMMUNITY

The Active Fans programme is a good opportunity to connect with people in your city and surrounding areas. You have the amazing possibility to make your local community more active and healthy.

ENGAGE WITH YOUR FANS

The Healthy Football League App is not only a great asset for your health programmes but also for fan engagement. You can connect directly with your fans and motivate them through badges and other (matchday) rewards. The app is very user-friendly and can be included in your day-to-day activities.

WIN THE TITLE FOR THE FITTEST CLUB IN EUROPE

Everyone loves to win titles. To win the Healthy Football League, you do not have to be the biggest club in Europe. If you manage

to motivate your programme participants and fans you can see a special trophy in your hall of fame soon.

BUILD NEW PARTNERSHIPS

Delivering a health programme and the chance to win a prestigious title is attractive for partners and new sponsors. You can use Active Fans to team up with local businesses to improve the health and fitness levels of their employees.

BENEFIT FROM A NETWORK

While delivering the Active Fans programme, your organisation can share knowledge with clubs and community foundations that use the same methodology. Free access to resources, in-depth reports, and case studies will be included.

USE YOUR EXISTING FACILITIES

Training ground facilities, stadium, gym, locker rooms – your club already has facilities that you can easily use for the delivery of sessions. Your facilities will be an inspirational and motivational environment and lead to even better results.

CONVINCING YOUR FANS

We are outlining the health & social impacts of the Active Fans programme that have been achieved thusfar on page 9. A testimonial from one of the participants summarises the experiences of the fans quite well.



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“ VERY HAPPY TO HAVE HAD AN OPPORTUNITY TO BE A PART OF THIS PROGRAMME. I BELIEVE I HAVE LEARNED ENOUGH TO MAKE MY LIFE LIGHTER AND BETTER. ”

- Vålerenga IF programme participant



ACTIVE FANS THE PROJECT

The Active Fans programme is a project coordinated by EFDN, and funded by the European Union through the Erasmus+ Sport programme. The project consisted of 9 clubs and foundations from 7 different countries, who all actively conducted sessions for people in their communities. The Active Fans programme is delivered based on the Scottish Professional Football League Trust's successful Football Fans In Training (FFIT) methodology, which provided a strong platform for the project.

The Active Fans programme promotes the aims of the Health Enhancing Physical Activities (HEPA) Guidelines, put forth by the Directorate-General for the Education, Audiovisual and Culture Executive Agency of the European Commission, Sport Unit (2008), underlining the European values of sport. Additionally, it increases the awareness of the role of sport in promoting health-enhancing physical activities, social inclusion, and equal opportunities.

Through the effective cooperation between all the organisations, the Active Fans programme has been successfully implemented in the form of workout sessions delivered by the project partners, international project seminars, and other events related to the programme.

The objective of increasing the target group's levels of participation in sport, physical activity, and voluntary activity has been achieved. Moreover, the programme also has attained great results in terms of the education of the participants on the topics of nutrition and the dangers of sedentary lifestyles.

The Active Fans Practitioner's Guide will enable football and sport clubs, foundations, and various other community inspired organisations from all over Europe to implement the Active Fans methodology, combining the FFIT methodology with the Healthy Football League, in their respective regions and inspire thousands of others to get involved in Active Fans sessions.

The development and optimisation of the Football Fans in Training programme was undertaken by a research team led by Glasgow University in partnership with the SPFL Trust. We gratefully acknowledge some source material from the Nutrition & Dietetic Department, NHS Forth Valley and Men's Health Clinic, Camelon, Falkirk. The programme development is described in Gray et al (2013), the results of the programme evaluation are reported in Wyke et al (2015) and Hunt et al (2014).

HEALTH & SOCIAL IMPACT

A key element of the Active Fans programme is to understand the impact that it has on the health and the social lives of the participants.

The aims of the project are to increase the target group's engagement in health-enhancing physical activities (HEPA) and to promote the true values of European sport, which include raising awareness for sport and physical exercise among sedentary population groups. Additionally, it aims to endorse the culture of sport and advocate values such as solidarity, respect, and teamwork.

The programme also works towards addressing overarching European policy in the field of sport through the collective documentation of new and innovative sport methodologies.

The following section consists of information that has been collected from Active Fans partners, research articles, studies, and health industry reports regarding the impacts of Active Fans from a scientific perspective.



IMPACT REPORT

- **BMI IMPROVEMENT**
- **IMPROVEMENT OF BLOOD PRESSURE LEVELS**
- **SUBSCRIPTION TO PHYSICAL ACTIVITIES**
- **SOCIAL INCLUSION**
- **NUTRITIONAL CHANGES**

WHAT HAVE WE LEARNT SO FAR?

Throughout the lifecycle of the programme, the Active Fans sessions, delivered by the project partners, have provided a platform for positive health related interventions. In addition to the physical health benefits that participants have reported as a result of the practical sessions, they also experienced an increase in social interaction. The sessions provided an environment where participants could socially interact through shared values such as solidarity and teamwork. Throughout their sessions, people were able to meet up with each other and create a feeling of unity by helping each other to get fit.

Over a 12-week period, the data that EFDN collected from the project partners indicated that the majority of the participants have achieved improvements in terms of physical and mental health, as well as nutrition. A significant number of Active Fans participants are still continuing their sport activities together or have subscribed to a sports club or association. One of our partners reported that a success story from their group involved a person that lost 14,1 kg after 12 weeks. Additionally, they measured a reduction of this person's BMI from 36,1 to 31,3, and saw a decrease in the person's waist size from 128 cm to 105 cm. This project has shown its benefits in several areas such as social inclusion, health improvement, and nutritional behaviour.

1

**SOCIAL
CONNECTION**

2

**INCREASE
IN ACTIVITY**

3

**IMPROVEMENTS
IN BODY MASS
INDEX (BMI)**

MAIN AREAS OF FOCUS

The Eurobarometer survey on sport and physical activity shows that almost 60% of citizens in the European Union seldomly or never exercise or play sport. For people over 35 years old, the statistics are often worse than the forecasted 60%.





PARTNERSHIPS & FUNDING OPPORTUNITIES

Developing partnerships and funding opportunities are critical elements in supporting the creation of your Active Fans programme. Working with partners on the project can have massive benefits for your delivery. This will also enable the programme to be sustainable beyond the 12-week sessions.

WHO & WHAT ARE PROGRAMME PARTNERS?

Programme partners are individuals, groups or organisations in the community that have an impact on the delivery of your Active Fans sessions, or who will be affected by the outcome and objectives of your programme. They are mainly stakeholders with vested interests in the social impact of your sessions.

CREATION OF A STEERING COMMITTEE

The creation of a Steering Committee can provide great benefits for your delivery of Active Fans. It can contribute to the stability of the delivery and the objectives of the programme, ensuring sustainability for a shared vision.

The examples of programme partners listed above, represent partnerships that were achieved by the Active Fans partners. These types of companies can be really valuable to your session delivery, as it will make things easier and will greatly increase the possible impact of the programme. Partners can also supply several resources that you may need during your sessions (e.g. equipment, facility, health advice)

LOCAL GOVERNMENT

Keeping local government and municipality informed about your delivery of Active Fans can be a real opportunity. Your local municipality can help you with the booking of facilities and could arrange for this to be at a reduced rate, because of the positive impact it will have on the community. They can also inform you about other organisations that could be interested in helping out.

LOCAL COMMUNITY FOOTBALL & SPORT CLUBS

Local sport clubs and community football clubs would have a vested interest to be a partner of your project, as they could attract new members for their clubs through the programme. Having a partnership with these can also be valuable due to their resources such as staff members, nutritionists, coaches, or sports psychologists.

EXAMPLES OF PROGRAMME PARTNERS ARE:

- LOCAL GOVERNMENT
- LOCAL COMMUNITY FOOTBALL & SPORT CLUBS
- BUSINESS PARTNERS OF THE CLUB
- HEALTH RELATED SERVICES/ ORGANISATIONS
- SPORT EQUIPMENT COMPANIES
- SPORT CENTRES
- BOOT CAMP ORGANISERS

BUSINESS PARTNERS OF THE CLUB

As mentioned previously, football clubs have business partners who have different types of resources at their disposal. Club partners are also a source of incentives that could motivate your participants. For example, one Active Fans club's partners offered tickets to see games at the stadium as a part of the programme.

HEALTH RELATED SERVICES/ORGANISATIONS

Health companies can be an crucial element of your programme. They can provide additional information related to nutrition and various other aspects. Moreover, you can invite them to assist on Active Fans sessions to provide a more rounded session. For example, they can give advice to your participants on how to change their eating habits, as well as give them tips on what the benefits are of certain food groups.

SPORT EQUIPMENT COMPANIES

Companies, that are specialised in sport equipment, could also be good partners for your programme for several reasons. They can provide equipment to your participants such as kits, water bottles, and session materials.

MARKETING

HOW TO CONTACT PEOPLE

First of all, we would like to advise you to create good informational content that is simple to understand. Your social media channels can be a really efficient tool through which to attract participants, as the majority of people of the target group for Active Fans have social media accounts nowadays. Alternatively, you could reach out via matchday programmes, through handing out flyers in local areas, or by visiting community centres.

POSTERS & FLYERS

These are traditional methods of advertising, which remain relevant and will enhance the visibility of your programme in and around the local area. Posters and flyers should be put up and distributed in strategic locations such as community centres, libraries, supermarket information boards, and most importantly, your programme venue.

It is useful to provide flyers to other community groups in the area who can facilitate the further distribution of flyers to potential participants. You can create posters and flyers using word or publisher documents or other basic computer programmes. Alternatively, you can use a designer to create a poster.



TIPS

When promoting and advertising your Active Fans sessions you may want to consider specific messages to entice your target audience. The following are examples of content that can support your marketing campaigns:

• *Become an Active Fan*

Are you looking for a way to get fit again? Do you want to increase your physical activity levels while having fun with other likeminded people? Then our Active Fans sessions are just what you are looking for! Time to get fit again with your favourite team and their high quality staff members!

• *Get fit for your club!*

Being a spectator in football is all about dealing with tough luck and bad results, as well as happiness and euphoria. By getting fit, you will be able to experience all these feelings off the pitch too! Meet up at your club every week to improve your health and become an Active Fan.



Woon jij in Tongelre, ben je tussen de 35 en 65 jaar én wil je een gezonde levensstijl tot je dagelijkse routine maken of behouden? Meld je dan aan voor PSV Tongelre Fit.

In het leefstijlprogramma helpen wij jou met het verbeteren van je gezondheid. De centrale focus ligt op bewustwording van je beweeg-, voeding- en ontspanningspatroon. De lifestyle coaches van PSV Foundation bieden hierbij fysieke, mentale en medische begeleiding. Je ontvangt ook een PSV-trainingsshirt en een activiteitsmeter.

Deelname aan PSV Tongelre Fit is kosteloos en wordt aangeboden door de PSV Foundation, in samenwerking met Active Fans.

Kennismaking: Dinsdag 8 januari van 18.30 tot 21.30 uur
Startdatum: Maandag 14 januari van 18.30 uur tot 20.00 uur
Einddatum: Maandag 1 april van 18.30 uur tot 20.00 uur
Locatie: PSV Foundation Academy, Partituurlaan 100, Eindhoven

MELD JE GRATIS AAN VIA [PSV.NL/TONGELREFIT](https://psv.nl/tongelrefit)



SPORTIVITEIT &
GEZONDHEID
EDUCATIE
INNOVATIE
PARTICIPATIE
RESPECT

FLYERS & POSTER DESIGN

When designing flyers, posters, or putting together promotional materials, there are several key statements that are useful to include in order to attract your potential target group for your sessions. For example, include informative statements such as: target age group, day and time of sessions, location of sessions, and contact information of the organiser.

LOCAL MEDIA CHANNELS

Using local media channels such as the local newspaper or even the local radio station is a great way to spread the word about your Active Fans throughout the community. Local newspapers will be interested in what you are doing so invite them down to your sessions to take photos and do interviews with your participants.

LOCAL COMMUNITY GROUPS

Investigate the different community groups that exist in your area, especially those which will fit your participant profile. Reach out to them to see if you can speak to them and present the programme. The opportunity to include a personal introduction of the programme will demonstrate your enthusiasm and passion for what you are doing!

SOCIAL MEDIA PLATFORM - FACEBOOK

A great way to keep connected with your participants is by creating a Facebook page. Facebook is a valuable tool to showcase the Active Fans using photos, videos, and updates. Additionally, the participants will have the opportunity to like, comment, and share the Facebook page which will further publicise the sessions to new potential participants.

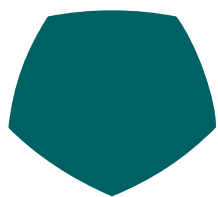
• *Back to fitness!*

Going through some health struggles? Join the Active Fans sessions to get back to fitness and enjoy some great moments with other fans by practicing physical activity in groups. Make new friends, meet your fellow fans, and enjoy the ride!

• *Move for your happiness!*

Do you think that physical activity is not for you? We are convinced that Active Fans sessions can make you change your mind. Come and join our workout sessions for a lifechanging experience!

“BECOME AN ACTIVE FAN”



HOW TO PLAN THE ACTIVE FANS SESSIONS

The project lifecycle of the Active Fans programme has highlighted the importance of clearly planning where, when, and how Active Fans sessions should be scheduled and delivered. Additionally, the creation of a project plan that includes the topics of the sessions, the specific objectives, impact measurement parameters, and timelines, is essential. The following section contains useful information related to understanding what actions you will need to undertake, and key aspects you will need to consider when planning your Active Fans sessions.

VENUE AND ENVIRONMENT

The choice for a specific venue for your Active Fans sessions is a very important one, and the session organisers should take into account that it is best to pick a central location within the community, that is accessible to all. Using facilities that are easily recognisable, and easy to find, as well as being an important reference point in the community can improve the prospect of attracting participants.

The Active Fans partners used various facilities that they had at their disposal, such as their training centre, the club's stadium, and community facilities. It is important that indoor and outdoor facilities can be used, so that the weather does not provide barriers to participating in the sessions. To make this possible, it is important that the staff members in charge of the sessions monitor weather reports, and make sure that they have alternative venues booked in case of sudden changes.

In order to manage the budget, it is of course better to book your own facilities, if these were made available to you by the club, to reduce the cost of planning and delivery. If this is not an option, rigorous planning will be needed to ensure that the venues are available for the sessions.



VENUE FACILITIES

The facilities of the venue is another aspect that needs attention, as some basic forms of amenities need to be present. To meet the guidelines of Active Fans sessions, you would need to be able to provide changing facilities, toilets, access to refreshments, and an area where the participants can interact after the session. The social aspect of the Active Fans programme is a crucial part of the delivery, as many of the participants have expressed that the camaraderie is one of the things they like most about the sessions.

SCHEDULING SESSIONS

Active Fans partners advise clubs and foundations that want to implement this programme, to be really diligent in relation to the scheduling of sessions in order to prevent issues from arising. The recommendation from the partners was also to hold 90 minute sessions, as they deemed this to be the right amount of time to incorporate the necessary activities and rests. The staff members of the Active Fans partners have indicated that people are less available during holidays, and that sessions should be scheduled around these. The partners also recommend to plan 12-13 consecutive weeks of sessions without any breaks in between.

Most of the clubs delivered one session per week to make sure that measurable improvements could be made and that the participants remained engaged with their objectives. Ideally, the sessions should be scheduled in a way that ensures that the entire group can participate, but this can be challenging sometimes.

PARTICIPANT AGE CRITERIA

The Active Fans programme focuses on engaging football fans of at least 35 years old that have a close connection to their football club, who are obese or at a high risk of becoming obese, and have a minimum BMI rating of 27. The objectives of the programme are to attract people who would like to get involved again in physical activity and would be interested in improving their physical and mental health as well as their nutritional lifestyle. To make the participants achieve this, it is important to make them aware of the benefits of physical activity and the importance of a balanced diet.

EQUIPMENT

Based on their own experiences, the programme partners recommend that you prepare the equipment based on the content of your scheduled sessions. All partners offered water bottles and healthy nutritional options during and after the sessions. Including food into the sessions is really important for the participants, because it gives them that extra push they need to start changing their eating behaviours. These minor details seem like a small stepping stone, but they can become weekly habits really quickly.

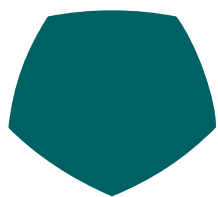
The sport equipment that the participants wear should enable the participants to move freely so they can do the activities to the best of their abilities. Most of the project partners decided to offer club branded sport outfits, as they are nice mementos for the participants, and it helps to create cohesion within the group. This means that the entire group would wear the same sportswear from the club, which has been proven to create a feeling of unity within the group.

Additionally you will require pedometers, height measures, waist tape measures (2x), medical grade weight measuring scales, a Blood Pressure Monitor (with a large cuff), and an A1 footplate mat (Eatwell Plate).

HEALTH CONSIDERATIONS

Some of your participants will not have exercised in a long time, and should be treated accordingly. That is why it is really important for you to let the participants fill in PARQs (Pre Activity Readiness Questionnaires) before they start the sessions. You should also adapt your sessions to the capabilities of the whole group and not just the fittest people. This is important to reduce the drop-out rate, reduce the risk of a heart attack, or injuries. The most unfit people should be encouraged to do things at their own pace.





HOW TO DELIVER YOUR ACTIVE FANS SESSIONS?

ACTIVE FANS VALUES

1

CONCENTRATION

To listen to the advice that the session leaders give to them.

2

DETERMINATION

To complete the programme despite all the hurdles that are presented along the way.

3

PATIENCE

To be aware that results will not appear instantly.

4

RESPONSIBILITY

To be responsible for their own health, nutrition, and attendance.

ROLE OF THE COACH

Regarding the delivery of the Active Fans sessions, the coaches have the main responsibility, as they are the people who are best equipped to make the participants achieve their objectives. To be able to attain the best results, the coaches need to create a safe atmosphere for the participants so that their self-confidence can be evaluated. Additionally, they need to be able to fulfil the role of entertainer, to make the sessions approachable, fun, and engaging. This will help the participants to stay motivated to participate, even if their goals seem to be far out of reach.

You need to select a coach who is a really good teacher and understands situations related to health issues. Participants can have a wide range of differing objectives which is why the ideal coach needs to be able to adapt to each unique situation. This would mean that your ideal coach would also have to be an excellent communicator. Communication is so important to people who are close to dropping-out and have the tendency to give up easily. A good communicator and an excellent motivator would be the best person for delivering the sessions of this project.

SPECIFIC OBJECTIVES

The creation of objectives with the participants is an important part of the delivery of the programme, and all coaches would have to discuss this in detail with the participants in order to set up specific and feasible objectives for each of their participants. The main problem that has been reported by the Active Fans partners is that people like to attempt to achieve objectives that are unattainable.

These objectives can of course be changed throughout the project, to make sure that everyone can finish the project cycle to their abilities.

PERFORMANCE AND HEALTH

To implement this programme successfully, it is important to be aware of the fact that many people will be at a very low level of activity. When you start your programme, you need to do medical checks, to make sure that you don't overload the participants.

It is especially essential to have an overview of their capacities, because some of them could be at risk of having heart related issues or debilitating injuries. That's why Active Fans partners advise you to do a comprehensive medical check that should cover various different health examinations such as blood tests, blood pressure measurements, InBody and ECG.

HOMEWORK

Providing the participants with homework tasks is another determinant for success according to the Active Fans partners. The partners mentioned that these homework tasks helped the participants to stay focused on achieving their objectives. This would also enable them to take initiative and to create beneficial habits that could last a lifetime.



HEALTH & SAFETY

It is critical that a first aid kit is readily available during all sessions. Moreover, participants must disclose if they have had any injuries or issues that the coach and organiser should be made aware of, prior to their participation in the session. Considering the age of the participants, being proactive about health and safety concerns is of the utmost importance.

FIRST AID KIT

In line with health and safety requirements, all programme leaders must bring a first aid kit to the locations where the activities will be held. Such first aid kits can be purchased from standard supermarkets or pharmacy stores. If you are hosting your session at a community centre or leisure centre, first aid kits will be readily available, typically with a qualified first aider onsite.



IT IS CRITICAL THAT A FIRST AID KIT IS READILY AVAILABLE DURING ALL SESSIONS. MOREOVER, PARTICIPANTS MUST DISCLOSE IF THEY HAVE HAD ANY INJURIES OR ISSUES THAT THE COACH AND ORGANISER SHOULD BE MADE AWARE OF, PRIOR TO THEIR PARTICIPATION IN THE SESSION. CONSIDERING THE AGE OF THE PARTICIPANTS, BEING PROACTIVE ABOUT HEALTH AND SAFETY CONCERNS IS OF THE UTMOST IMPORTANCE.

PRE, MID TERM & POST QUESTIONNAIRE

Questionnaires and evaluation plans are the main tools needed to monitor the session deliveries from the start of the programme until the end. The completion of the questionnaire will highlight whether the programme had the desired impact on the participants. These surveys will be used to record trainees' perceptions on how they have performed, how they have changed their lifestyle, and how their wellbeing has improved or otherwise.

DATA COLLECTION TIMELINE

WEEK 0

At the beginning of the programme; how do they rate their lifestyle and their engagement in physical activity? Additionally, you should take health measurements such as ECG, waist, weight, BMI, etc.

WEEK 6

During the programme; how do they rate their progress, how do they see their chances of reaching their objectives? An additional health check should be done to add another layer to the collected data.

WEEK 12

End of the programme; the participants should complete the same questionnaire that they completed at the beginning of the programme. Further health related data should be collected through the medical measurements and the lifestyle questionnaire.



QUESTIONNAIRES

The project partners used three different types of questionnaires to collect data from the participants. These were filled out by participants in week 0 & week 12 covering the topics of healthy lifestyles and wellbeing.

THE HEALTH QUESTIONNAIRE

The health questionnaire collects data relating to the participants' blood pressure, height, waist, weight, and BMI measurements.

THE LIFESTYLE QUESTIONNAIRE

The lifestyle questionnaire focuses on food behaviour and consumption of alcohol and fizzy drinks, and physical activities.

THE WARWICK-EDINBURGH MENTAL WELL-BEING SCALE QUESTIONNAIRE

The Warwick-Edinburgh Mental Well-Being Scale Questionnaire is a survey that addresses subjective well-being and psychological functioning. All items are worded positively and address aspects of positive mental health measurements.



MONITORING & EVALUATION OF THE PROGRAMME



To be able to provide evidence of the impact that your Active Fans sessions are having on the health and social well-being of the participants engaged in the programme, you can implement various monitoring and evaluation tools. In general, we would suggest that you create three questionnaires for participants of the Active Fans programme. One should be filled in before they

start the programme (week 0), one should be completed during the programme (week 6), and a final one should be filled in at the end of the 12-week period. It is best to be transparent with your participants as to the reasons why you are asking them to complete the forms and what you intend to use the data for.

HOW CAN I USE THE DATA ?

It takes some time and effort to collect the data from the participants, but the process is rewarding. Collecting data allows you to provide participants with information on their progress, and can indicate where they have been able to achieve their goals.

Additionally, data collection is essential to the sustainability of your Active Fans programme. When collaborating with potential partners such as health associations or sponsors to raise funds, you will be able to demonstrate how your Active Fans sessions are having an impact on the participants.

PARTNERS TIPS

ORGANISE MEDICAL CHECKS FOR WEEKS 0, 6, AND 12 OF YOUR PROGRAMME TO ANALYSE THE PROGRESS AND WHAT THE MEASURABLE BENEFITS WERE OF THE SESSIONS.

IT IS ALSO VERY IMPORTANT TO GATHER A WIDE VARIETY OF PHYSICAL DATA (E.G PERFORMANCE RELATED), AND NOT JUST THE WEIGHT AND WAIST MEASUREMENTS

PARTICIPANT AGREEMENT

The participant agreement and consent form is a vital component of the delivery of the Active Fans programme. It represents a contract between your organisation and the participants of the programme. The participant form serves as a document through which some basic contact information can be collected. The personal consent form

serves the purpose of freeing your organisation from liability, and making sure that the participants conduct themselves in an appropriate manner. The photographic consent form can be used to ask for the participants' permission to take photographs, videos, record voices, mention their names, for promotional, educational, or training purposes.



1 PARTICIPANT

PROJECT			
PARTICIPANT NAME			
HOME ADDRESS		NUMBER	
ZIPCODE		CITY / TOWN	
EMAIL			

2 PERSONAL CONSENT

- The activity will be supervised.
- I will attend the activity entirely at my own risk and will exercise due care to ensure my personal safety and that of others occurs.
- The Club takes no responsibility for the loss of any personal belongings.
- I declare that I have no known medical or physical condition that may be made worse by participation in the activity or precludes me from participating in the activity (If so, please detail on Medical Questionnaire form).
- I will conduct myself in a safe and responsible manner for the duration of the activity.
- I will follow any reasonable direction or advice affecting my safety given to me by programme organisers.
- I accept all risks associated with the activity for myself and my heirs, executors, and assignees. By signing this document, I also release the organisation, its servants or agents from all claims, actions, suits, and demands from loss or injury to me or my dependents arising from my participation in this activity.

3 PHOTOGRAPHIC CONSENT

I hereby consent and authorise the organisation, whose name appears above, to take photographs, videos, or audiotapes, that capture my name, voice, and/or image, to use them for promotional or educational/training purposes.

4 AUTHORISATION

I have read this indemnity agreement in its entirety, and I fully understand its contents.

SIGNED		NAME	
		DATE	

PARTICIPANT ATTENDANCE

We would recommend that for health and safety purposes, an attendance list is maintained at all the Active Fans sessions. Recording the attendances allows you to track who took part in each session and will allow you to monitor the overall attendance progress throughout the duration of the Active Fans programme.

Keeping track of attendance records, as well as making sure the participant agreement

and medical consent forms have been completed and signed by the participants, will equip you with all the necessary details and information to contact participant relatives in the case of an emergency.

The attendance form should be filled in by participants on arrival before each session. Coaches can use clipboards, registration lists, or iPads and smartphones as alternatives to paper registration forms.

It is important to note that the participants' confidential data will be collected and kept secure according to the General Data Protection Regulations (GDPR) and will only be used for the purposes of implementing the project in a satisfactory manner.

Please see an example of a registration form.



ACTIVE FANS REGISTER

NO.	PARTICIPANTS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													



STEP BY STEP (THEORY)

WEEK 0

Introduction to the programme
+ medical check

WEEK 1 GETTING STARTED

- How to eat better, be more active and how to keep it up
- Who's who?
- Factors affecting our eating and activity
- Energy balance (intake vs output)

WEEK 2 WHAT ARE WE EATING ?

- Healthy eating explained
- SMART goal setting introduced

WEEK 3 MAKING CHANGES

- Personal healthy eating plans
- Health benefits of long term weight loss
- Personal 5-10% weight loss
- Importance of support from other people

WEEK 4 THINKING ABOUT PHYSICAL ACTIVITY

- Importance of physical activity to health
- Overcoming barriers to being active
- Action planning for physical activity

WEEK 5 THINKING ABOUT DRINKING

- Alcohol and weight gain
- Alcohol units and planning your drinking

WEEK 6 HALFWAY DOWN

- Stages of change model
- Measurements taken to review progress

WEEK 7 HOW ARE WE DOING ?

- Representation of weight loss achieved
- Reflection on how things are going

WEEK 8 WHAT TO LOOK OUT FOR

- Food labels and choosing healthier foods
- Importance of regular meals and breakfast

WEEK 9 PRACTICAL STUFF

- Favourite meals, eating out and takeaways

WEEK 10 MYTHS AND MOODS

- Common ideas about healthy living
- Dealing with setbacks

WEEK 11 MAKING PROGRESS ?

- Review of plans made
- Energy balance and locus of control

WEEK 12 LOOKING FORWARD

- Review of progress and next steps
- Top tips for maintaining weight loss

STEP BY STEP (PRACTICE)

WEEK 1 GETTING STARTED

- Introduction to pedometers
- Short stadium tour wearing pedometers
- Baseline step counts

WEEK 2 WHAT ARE WE EATING ?

- Baseline steps counts determined
- Learning to increase activity gradually
- Setting step count target

WEEK 3 MAKING CHANGES

- Review of step targets
- Principles of fitness: warm up, aerobics, strength, flexibility, and cool down
- Warm up exercises

WEEK 4 PHYSICAL ACTIVITY

- Using the Rate of Physical Exertion scale
- Warm up and 20 minute aerobic training including some football drills

WEEK 5 THINKING ABOUT DRINKING

- Warm up and 20-30 minute aerobic training

WEEK 6 HALFWAY DOWN

- Principles of strength training
- Aerobic/strength training using body weight

WEEK 7 HOW ARE WE DOING ?

- Principles of stretching and flexibility training
- Aerobic, strength, and flexibility training

WEEK 8 WHAT TO LOOK OUT FOR

- Aerobic, strength, and flexibility training including some football drills

WEEK 9 PRACTICAL STUFF

- Aerobic, strength, and flexibility training including some football drills

WEEK 10 MYTHS AND MOODS

- Aerobic, strength, and flexibility training including some football drills. Dealing with setbacks

WEEK 11 MAKING PROGRESS ?

- Possible visit to local sports centre to use gym equipment/ try exercise classes

WEEK 12 LOOKING FORWARD

- A small-sided football game, if possible

DELIVERY TIPS

To be able to deliver high-quality sessions, the project managers should arrange evaluation meetings with the session delivery staff after every session to see what can be improved for the next one. This would allow you to create a session framework that is fully adapted to the needs of the participants.

Active Fans sessions need to be fun, as well as challenging, and the trick is to make sure you are able to balance these two aspects. Ideally, you want to make sure that the vulnerable participants don't feel like dropping out, while simultaneously ensuring that they get something valuable out of the programme.



ADVICE FROM ACTIVE FANS PARTNERS



DO'S

- Be patient with people, as for most of them, this will be the first time in a long while that they will be engaging in exercise.
- Keep the sessions fun and light hearted, as they are not taking part in the Olympics. People are attending to improve their health and need to enjoy the experience
- Use experienced staff members, because it can be difficult to manage the target group if they don't understand the situation that their participants are in.
- Regularly communicate with the participant. A specific email account can be created for this project : activefans@.....com
- Organising at least 1 session per week helps to teach all the participants about the guidelines of physical activity.
- Celebrate the small successes of your participants.
- Make sure you plan to have the appropriate equipment (e.g. water bottles and session materials).
- Include a wide variety of activities in your sessions.
- Organise physical tests at the beginning, the mid way point and end of the programme.
- Define rules during your first session in order to keep them concerned by the scope of your session
- The handbook is a good framework for theoretical and practical work. However, it can be helpful to step away from it and take a closer look at the individual needs of the participants too.
- Weight loss is not the right indicator for success, as muscle gain could impact these figures. Waist size measurements, as well as various medical indicators (e.g. blood pressure) are more valuable
- Give the participants homework that needs to be completed on a weekly basis, so they stay engaged with the programme

DON'TS

- Don't put people under pressure, as this can result in drop-outs.
- Rely on the weather and assume that you will be able to do the activities outdoors.
- Try not to focus on the weight loss of the participants.
- Avoid organising sessions during the holidays, as then the schedule could have a negative impact on the number of attendees.
- Set up rules about focusing during the sessions to avoid distractions.
- Don't stick to a schedule that doesn't work for the participants.
- If you do not have the staff to manage a big group (i.e. 30 participants), try delivering it to a smaller group at first.

ADDITIONAL ADVICE :

- Involve professional football players (male and female) in your programme to deliver certificates or offer nutritional advice.
- Create a social media platform to enable interaction between the participants
- Provide club branded outfits to your participants. These should be uniform, so that the participants can feel like they are one cohesive group.
- Organise a health related reception event at the end of the programme.
- Provide information about sports related opportunities in their respective neighbourhoods

Example sheet from one club regarding sessions





HOW THE SOCIAL COMPONENT FITS INTO ACTIVE FANS SESSIONS

An integral aspect of the Active Fans programme is the social gathering of the participants before and after the practical sessions. The opportunities for social interaction are highly valued by the participants and complete the holistic purpose of the Active Fans sessions. While the health benefits of the programme can be incredible, participants also really appreciate the social value of this project. Some of the past participants of the programme mentioned that their group felt like a family that was supporting each other through every session. They have also conveyed that it has contributed to their participation and motivation throughout the project.

Selecting a venue that has a space where participants can gather socially after the practical sessions is therefore a crucial part of the implementation of this programme. Some participants created social media groups on Facebook to motivate people to continue the programme after the 12-week period had finished.

***“It felt like a family.
We were in this together
and we needed each
other. Great to have
this support!”***

CHALLENGES

MIXED-GENDER SESSIONS

A few of the project partners had problems with delivering to mixed-gender groups due to self-confidence issues that some of the participants had. This meant that a few of the trainees felt uncomfortable during the session.

MANAGEMENT OF THE FACILITIES

The management of facilities proved to be a problem for some of the project partners, which is why they recommend that close collaboration is needed between you and your Facility Manager to be able find slots. Another challenge that was observed, was finding a time that could fit the schedule of all the participants.

LEGAL PROTECTION

At the start of the delivery of the programme, you will have participants who haven't practiced sports in a long time. Some of them may have a high risk of suffering heart failure. You need to be really careful and take medical criteria into consideration. Clubs advise you to do a medical check in week 0 to know the limits of each participant, and to do check-ups in weeks 6 and 12 to ensure the safety of the participants.

ATHLETIC BUT ALSO MENTAL WORK

The main role of a coach is to deliver physical activity sessions, but they also need to support their trainees in the mental aspects of exercise. This will decrease the amount of drop-outs and will provide the participants with the necessary support.



CULTURAL DIFFERENCES

You may have some cultural differences in your group, which can be challenging to manage at times. However, it is of the utmost importance to integrate everybody, as Active Fans is a programme that should be for everyone.

THEORETICAL PART

The theoretical part can be a challenge for coaches depending on their enthusiasm for the topic, but it is an essential part of the project. Your coaches need to find a way of making the theoretical parts of the programme more approachable, to make sure the trainees are able to retain as much information as possible.

OBSSESSION WITH WEIGHT LOSS

Some participants can be really focused on the aspect of losing weight and this could turn into an obsession for them. You need to make sure that the participants don't pay too much attention to these numbers, because there are several indicators of improvement that can be measured that may be a better indication of how well they are doing.



CASE STUDY

ACTIVE FANS SUCCESS STORY

Below you can see one of the success stories that was provided by the project partners. This example will help you understand the impact that Active Fans can have on the lives of the participants.

NAME : Y
AGE : 50

BEFORE :

WEIGHT : 101,4 KG
WAIST : 128 CM
BMI : 36,1
BLOOD PRESSURE : 135 / 85

VARIATION :

WEIGHT : -14,1 KG
WAIST : -23 CM
BMI : -4,8
BLOOD PRESSURE : -5/-5

AFTER :

WEIGHT : 87,3 KG
WAIST : 105 CM
BMI : 31,3
BLOOD PRESSURE : 130 / 80

ACTIVE FANS NUMBERS



IMPROVEMENTS

PARTICIPANTS	375
WEIGHT LOSS	- 1152.8 KG
WAIST LOSS	- 2040.1 CM
BMI	FROM - 0.7 TO 1
BLOOD PRESSURE	-4 TO -5

ACTIVE FANS - PARTICIPANT TESTIMONIALS

Below are testimonials about the Active Fans programme given by participants who joined the programme with their favourite clubs.



“ THIS IS THE FIRST TIME I’VE EVER ENJOYED EXERCISE. I HAVE ALSO MADE NEW FRIENDS. ”

“ THE COACHES WERE REALLY ENCOURAGING AND MADE US ALL FEEL PART OF THE CLUB. ”

“ IT WASN’T AS STRICT AS COURSES I’VE TRIED IN THE PAST WHICH MADE IT MORE MANAGEABLE. I HAVE NOW STARTED TO WALK HOME FROM WORK FOR SOME EXTRA EXERCISE. ”



“ I GOT AN OPPORTUNITY TO CHANGE MY LIFESTYLE. I WANTED TO PROVE TO MY SON THAT I WAS ABLE TO COMPLETE THE COURSE, THIS KEPT ME MOTIVATED. ”

“ I GOT A LOT OF NEW INFORMATION AND IDEAS REGARDING THE RIGHT EXERCISES, HEALTHY INGREDIENTS. ”

“ MY DREAM WAS TO BE ABLE TO RUN ONE ROUND ON THE PITCH OF THE STADIUM OF FERENCVÁROS, AND NOW, ON THE 12TH WEEK OF THE PROGRAMME I HAVE ACHIEVED THAT GOAL. I, WHO NEVER MADE ANY QUICK STEPS, NEVER PARTICIPATED IN ANY PHYSICAL ACTIVITY, OR DIDN’T EVEN RUN AFTER THE BUS. NOW I’M AT THE EDGE OF CRYING, BECAUSE I DID IT BY MYSELF AND I’M GRATEFUL TO OUR COACH. ”



“ USEFUL TIPS AND ADVICE IN THE BOOKLET. I MANAGE TO CHANGE MY DIET, GOT PRAISED FOR IT, AND WAS SUPPORTED EVERY STEP OF THE WAY BY THE EXCELLENT STAFF. ”

“ A LOT OF VARIATION AND FANTASTIC INSPIRING INSTRUCTORS ! VERY FUN TO BE A PART OF ! ”

“ I WISH THE PROGRAMME COULD LAST 12 YEARS , AND NOT ONLY 12 WEEKS. ”



“ I NEVER KNEW I COULD PUSH MY LIMITS LIKE THAT. ”

“ YOU NEVER SPORT ALONE ! ”

“ LET THIS PROJECT END IN TWELVE HUNDRED WEEKS. ”



“THERE WAS SO MUCH TO LEARN DURING THE TWELVE WEEKS.”

“NOW I REALISE HOW IMPORTANT A HEALTHY BREAKFAST IS.”

“I COULDN'T EVEN RUN A 100M AT THE BEGINNING, NOW I'M FEELING WAY FITTER.”

“THE WAY BAYER 04 LEVERKUSEN CARES ABOUT THEIR FANS IS EXTRAORDINARY AND MEANS A LOT TO ME.”



“ I NOW FOCUS MUCH MORE ON MY NUTRITION. WITH THE KNOWLEDGE ABOUT MY ENERGY BALANCE I CONSUME A LOW NUMBER OF CALORIES TO REACH A CERTAIN WEIGHT. MY DIET AND EXERCISE IS NOW SO BALANCED THAT I HAVE ALREADY LOST FOUR AND A HALF KILOS IN WEIGHT SINCE THE FIRST MOMENT OF MEASUREMENT. I EVEN GOT PERMISSION FROM MY GP TO HALVE MY DIABETES MEDICATION. ”



“THE GROUP WAS VERY OUTGOING, DURING THE PROJECT I GOT TO KNOW OTHER SUPPORTERS. IT'S NICE I WILL BE SEEING THEM REGULARLY DURING MATCHES.”

“TAKING SMALL STEPS, IT REALLY HELPS.”

“I HAVE NO SUGAR ADDICTION ANYMORE.”

“ IT FELT LIKE A FAMILY. WE WERE IN THIS TOGETHER AND WE NEEDED EACH OTHER. GREAT TO HAVE THIS SUPPORT.”



PROGRAMME BUDGET

The main costs of delivering the Active Fans programme can be found in the Active Fans budget sheet to the right. This budget is an example based on the project partners' cost assessment for one 12-week delivery phase consisting of 1 session per week. Keep in mind that the costs will vary depending on which city or country you are delivering the programme in.

It should therefore be noted that the cost estimation in the budget sheet is based on Dutch prices for the 12-week delivery of the programme.

Three resources in particular will constitute the majority of your costs in a 12-week programme. These three resources are:

1. **PROJECT MANAGEMENT AND IMPLEMENTATION (EQUIPMENT FOR THE SESSIONS AND FOR THE PARTICIPANTS)**
2. **COSTS FOR NUTRITIONAL EXPERT, COACH, AND BOOT CAMP INSTRUCTOR**
3. **FACILITY RENTAL COSTS (IF APPROPRIATE)**

These costs will differ from organisation to organisation, as some will already have the appropriate equipment, staff members, and facilities at their disposal to be able to deliver the sessions. If these costs would prove to be significantly higher than expected, you could ask the trainees for a participation fee that could help you cover the costs.

ACTIVE FANS PROGRAMME (COSTS IN €)

OPERATIONAL COSTS

FACILITY RENTAL FEE (59.00 PER HOUR) (1 SESSION X 1.5HR/WEEK X 12WKS)	€ 1.062,00
--	------------

COACH OR FACILITATOR FEE (43.00 PER HOUR) (1 SESSION X 1.5HR/WEEK X 12WKS)	€ 774,40
---	----------

SET-UP COSTS

KIT/EQUIPMENT (20 PARTICIPANTS):

• FOOTBALL SHIRTS	€ 413,00
• TROUSERS	€ 180,00
• WATER BOTTLES	€ 150,00

TRAINING EQUIPMENT:

• CONES (30X)	€ 7,50
• FOOTBALLS (20X)	€ 112,00

APPENDIX

The background image shows a group of women in blue shirts exercising on treadmills in a gym. The image is overlaid with a green gradient and a diagonal split line. The text is arranged in a list of appendices on the left side of the image.

APPENDIX I

MEDICAL CONSENT FORM

APPENDIX II

THE WARWICK-EDINBURGH MENTAL WELL BEING SCALE

APPENDIX III

MEASUREMENTS FORM

APPENDIX IV

LIFESTYLE QUESTIONNAIRE GROUP



APPENDIX I

MEDICAL CONSENT FORM

As the organiser that is responsible for overseeing the implementation of an Active Fans programme, it is your duty to not only safeguard your participants, but also yourself.

A medical consent form has to be completed by every participant prior to taking part in the Active Fans sessions. Participants are required to inform the coaching staff about any pre-existing

injuries and medical conditions. The medical form can also be part of a medical or injury disclaimer, which further protects you as an activity organiser.

The medical form ensures that you are aware of all pre-existing injuries and medical concerns of your participants, which enables you to be better equipped to act accordingly in event of injury or emergency.

Please see an example of a medical consent form.



1

CLUB NAME

PROGRAMME / ACTIVITY

PROGRAMME START DATE

The purpose of this form is to allow us to adequately prepare for your safe participation in this activity.
This information will be kept strictly confidential.

2

PARTICIPANT DETAILS

FULL NAME

DATE OF BIRTH

CONTACT DETAILS

MOBILE

HOME

EMAIL

FULL ADDRESS

ADDRESS

ZIPCODE

CITY / TOWN

GENDER

MALE / FEMALE

DOCTOR NAME			
CONTACT DETAILS	PHONE		
	EMAIL		
FULL ADDRESS	ADDRESS		
	ZIPCODE		CITY / TOWN
SPECIAL DIETARY REQUIREMENTS			

3

EMERGENCY CONTACT/S

FULL NAME			
RELATIONSHIP TO PARTICIPANT			
CONTACT DETAILS	PHONE 1		
	PHONE 2		
	EMAIL		
FULL ADDRESS	ADDRESS		
	ZIPCODE		CITY / TOWN

2ND EMERGENCY CONTACT/S

FULL NAME			
RELATIONSHIP TO PARTICIPANT			
CONTACT DETAILS	PHONE 1		
	PHONE 2		
	EMAIL		
FULL ADDRESS	ADDRESS		
	ZIPCODE		CITY / TOWN

4

DISABILITIES / INJURIES

DO YOU HAVE ANY DISABILITIES OR ILLNESSES?

YES / NO

PLEASE GIVE DETAILS

ARE THERE ANY OTHER MEDICAL CONDITIONS
WE SHOULD BE AWARE OF?

5

ALLERGIES

DO YOU HAVE ANY KNOWN ALLERGIES?

YES / NO

PLEASE PROVIDE DETAILS OF YOUR ALLERGY?

DO YOU SUFFER FROM ASTHMA?

YES / NO

ARE YOU CURRENTLY TAKING ANY FORM
OF PRESCRIBED MEDICATION?

YES / NO

IF YES, DETAIL NAME, DOSAGE AND FREQUENCY

THIS MEDICATION MUST BE BROUGHT BY THE PARTICIPANTS DURING THE PROGRAM

6

PERSONAL CONSENT

In the case of an emergency, I authorise the programme organisers/staff, where it is impracticable to communicate with me, to arrange for me to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport, drugs, and other costs while I am attending the event/activity/program.

I understand that although the organisation tries to minimise any risk of personal injury within all practical boundaries, accidents do happen and all physical activities carry the risk of personal injury. I acknowledge that there is an inherent risk of personal injury in physical activities that will be undertaken as part of this event/activity/programme

SIGNED

NAME

DATE

APPENDIX II

THE WARWICK-EDINBURGH MENTAL WELL BEING SCALE

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experiences prior to starting the Active Fans programme.

NAME		CLUB	
------	--	------	--

STATEMENT		NONE OF THE TIME	RARELY	SOME OF THE TIME	OFTEN	MOST OF THE TIME	ALL OF THE TIME
1	I HAVE BEEN FEELING OPTIMISTIC ABOUT THE FUTURE	1	2	3	4	5	6
2	I HAVE BEEN FEELING USEFUL	1	2	3	4	5	6
3	I HAVE BEEN FEELING RELAXED	1	2	3	4	5	6
4	I HAVE BEEN FEELING INTERESTED IN OTHER PEOPLE	1	2	3	4	5	6
5	I HAVE HAD ENERGY TO SPARE	1	2	3	4	5	6
6	I HAVE BEEN DEALING WITH PROBLEMS WELL	1	2	3	4	5	6
7	I HAVE BEEN THINKING CLEARLY	1	2	3	4	5	6
8	I HAVE BEEN FEELING GOOD ABOUT MYSELF	1	2	3	4	5	6
9	I HAVE BEEN FEELING CLOSE TO OTHER PEOPLE	1	2	3	4	5	6
10	I HAVE BEEN FEELING CONFIDENT	1	2	3	4	5	6
11	I HAVE BEEN ABLE TO MAKE UP MY OWN MIND ABOUT THINGS	1	2	3	4	5	6
12	I HAVE BEEN FEELING LOVED	1	2	3	4	5	6
13	I HAVE BEEN INTERESTED IN NEW THINGS	1	2	3	4	5	6
14	I HAVE BEEN FEELING CHEERFUL	1	2	3	4	5	6

PARTICIPANT SIGNATURE	
DATE	



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Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

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APPENDIX III

MEASUREMENTS FORM

MEASUREMENTS	WEEK 0	WEEK 6	WEEK 12
WEIGHT (KG)			
WAIST (CM)			
BMI			
BLOOD PRESSURE			

APPENDIX IV

LIFESTYLE QUESTIONNAIRE GROUP



NAME:

DATE:

This questionnaire is designed to help give a better understanding of your lifestyle and some of the factors you may think about changing during the program. Please be honest when answering these questions.

Answers are based on what YOU consider to be an average week.

1

HOW MANY OF THE FOLLOWING ITEMS WOULD YOU SAY YOU EAT PER WEEK?

☐

BARS OF CHOCOLATE (STANDARD SIZE)

☐

PACKETS OF CRISPS (SMALL BAGS)

☐

FIZZY / SUGARY DRINKS (STANDARD CAN)

☐

CAKES / BISCUITS

2

WHICH OF THE FOLLOWING FOODS DO YOU MAINLY EAT? (PLEASE TICK)

☐

WHITE BREAD

☐

BROWN / WHOLEGRAIN BREAD

☐

WHITE PASTA

☐

BROWN / WHOLEGRAIN PASTA

☐

WHITE RICE

☐

BROWN / WHOLEGRAIN RICE

3

HOW MANY PORTIONS OF FRUIT DO YOU EAT ON A DAILY BASIS?

☐

0-1

☐

2-3

☐

4-5

☐

5+

4

HOW MANY PORTIONS OF VEGETABLES DO YOU EAT ON A DAILY BASIS?

☐

0-1

☐

2-3

☐

4-5

☐

5+

5

DO YOU EAT BREAKFAST?

☐

YES

☐

NO

6

HOW MANY TAKE AWAY MEALS WOULD YOU EAT ON A WEEKLY BASIS?
(PLEASE INCLUDE THINGS LIKE PRE MADE SANDWICHES ETC.)
☐

0-1

☐

2-3

☐

4-5

☐

5+

PHYSICAL ACTIVITY**7**

ON AVERAGE, HOW MANY DAYS PER WEEK DO YOU ACCUMULATE AT LEAST 30 MINUTES OF MODERATE PHYSICAL ACTIVITY OVER THE DAY?



0-1



2-3



4-5



5+

8

NOT INCLUDING TIME SPENT SLEEPING, HOW MUCH TIME DO YOU SPEND IN A SEDENTARY POSITION ON A DAILY BASIS? (INCLUDE TIME SPENT WATCHING TV, IN FRONT OF COMPUTER ETC.)



APPROXIMATE NUMBER OF MINUTES / HOURS (PLEASE REMOVE AS APPROPRIATE)

ALCOHOL**9**

ARE YOU AWARE OF HOW MANY UNITS OF ALCOHOL YOU DRINK DURING AN AVERAGE WEEK?



YES



NO

10

HOW MANY UNITS OF ALCOHOL DO YOU THINK YOU DRINK DURING AN AVERAGE WEEK?

APPROXIMATE



UNITS

11

ON A SCALE OF 1 - 10, HOW MOTIVATED ARE YOU TO LOSE WEIGHT?

1

NOT MOTIVATED

10

VERY MOTIVATED

12

ON A SCALE OF 1 - 10, HOW CONFIDENT ARE YOU OF LOSING WEIGHT?

1

NOT CONFIDENT

10

VERY CONFIDENT

13

ON A SCALE OF 1 - 10, HOW MUCH CONTROL DO YOU HAVE OVER WHAT YOU EAT?

1

NOT IN CONTROL

10

VERY IN CONTROL

SOURCES

EFDN WOULD LIKE TO ACKNOWLEDGE THE PHOTOS AND DOCUMENTS WHICH WERE REFERRED TO AND USED IN THIS PRACTITIONER'S GUIDE.

EUROPEAN FOOTBALL FOR DEVELOPMENT NETWORK

www.efdn.org

www.activefans.eu

www.morethanfootball.eu

Bayer 04 Leverkusen

Ferencvárosi TC

Feyenoord Rotterdam

Fulham FC

KAA Gent

PSV Eindhoven

Rangers FC

Vålerenga Fotball

Vitesse Arnhem

RECOGNITION STATEMENT

The development and optimisation of the Football Fans in Training programme was undertaken by a research team led by Glasgow University in partnership with the SPFL Trust. We gratefully acknowledge some source material from the Nutrition & Dietetic Department, NHS Forth Valley and Men's Health Clinic, Camelon, Falkirk. The programme development is described in Gray et al (2013), the results of the programme evaluation are reported in Wyke et al (2015) and Hunt et al (2014).



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**Questions?
In need of further information?**

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