



# NATIONAL SPORT AND PHYSICAL ACTIVITY POLICY

FOR THE REPUBLIC OF MAURITIUS

2018-2028



**A NEW VISION FOR COMMUNITY  
SPORT IN MAURITIUS**



**HEALTHIER CITIZENS, HAPPIER  
COMMUNITIES AND A STRONGER NATION**

**BANN SITWAYIN AN MEYER SANTE,  
BANN KOMINOTE PLI ERE,  
ENN NASION PLI FOR**



**A NEW VISION FOR ELITE SPORT  
IN MAURITIUS**

INSPIRE MAURITIANS IN THE PURSUIT OF  
EXCELLENCE ON THE WORLD STAGE

FER BANN MORISIEN DEVELOP  
ENN KILTIR KI VIZ NIVO EXSELANS  
LOR LASENN INTERNASIONAL





Prime Minister  
Republic of Mauritius

MESSAGE

*I am glad that the aim of the National Sport and Physical Activity Policy 2018-2028 is twofold. Firstly, it will lead to happier communities with healthier citizens. Secondly, it will expand support for our elite athletes.*

*The new Policy will benefit people of all ages and levels of fitness. It should, at the same time, inspire Mauritians in the pursuit of excellence on the world stage as well as encourage health-enhancing physical activity for all.*

*I firmly believe that a nation should not only increase participation in competitive and performance sports but should also promote sport and physical activities that contribute to increase the wellbeing of the whole population. We, thus, need to encourage all citizens to embed physical activity into the fabric of their daily lives.*

*Sport and physical activity have a truly distinctive role to play in binding our country together. A nation of healthy, active citizens will be the bedrock upon which we can continue to build a stronger Mauritius for all future generations.*

*The National Sport and Physical Activity Policy defines the key transformative actions we must focus on over the next decade. It will impact the lives of every single Mauritian.*

*I call upon all Ministries, the public and private sector, and every single citizen to join forces in achieving this vision.*

A blue ink signature of Pravind Kumar Jugnauth.

Pravind Kumar Jugnauth  
Prime Minister

22 August 2018



**Minister of  
Youth and Sports**

**MESSAGE**

*It is essential for every single Mauritian, and Mauritius as a Nation, to recognise the value of sport and physical activity in our daily lives, mental and physical wellbeing, productivity and future.*

*We intend to use sport and physical activity through the delivery of this Policy as an opportunity to redefine our future and improve the lives of all our citizens.*

*This Policy is both unique and timely: built upon a global review of best practices and deep local analysis we have created a 'best in class' policy against international benchmarks. It focuses on both physical activity and sport, describes tangible actions to address the health crisis our Nation is facing and outlines how we can create a more cohesive Mauritius through community sport. It also recognises our athletes' essential role, our desire for success on the sporting stage and how these successes will collectively enhance our Nation's international reputation. Sport and physical activity will also support our growing economy with new enterprises, jobs and a professional workforce.*

*The twenty transformative actions that form the basis of the Policy provide a roadmap towards a healthier, wealthier, happier and enhanced Mauritius and define how our Nation will offer opportunities for everyone to participate, perform and benefit from sport and physical activity. The clarity it provides will enable increased funding for the sector based on evidence and results.*

*I thank all the individuals and organisations who contributed to the broad consultation that has led to the development of this Policy; it represents a landmark moment but is only the start of our journey.*

*Jean Christophe Stephan Toussaint  
Minister of Youth and Sports*

**22 August 2018**



MINISTRY OF  
YOUTH &  
SPORTS

1

Why a National Sport and Physical Activity Policy?

2

What is the National Sport and Physical Activity Policy?

3

How will the National Sport and Physical Activity Policy impact you?

CONTENTS

# 1. WHY A NATIONAL SPORT AND PHYSICAL ACTIVITY POLICY?

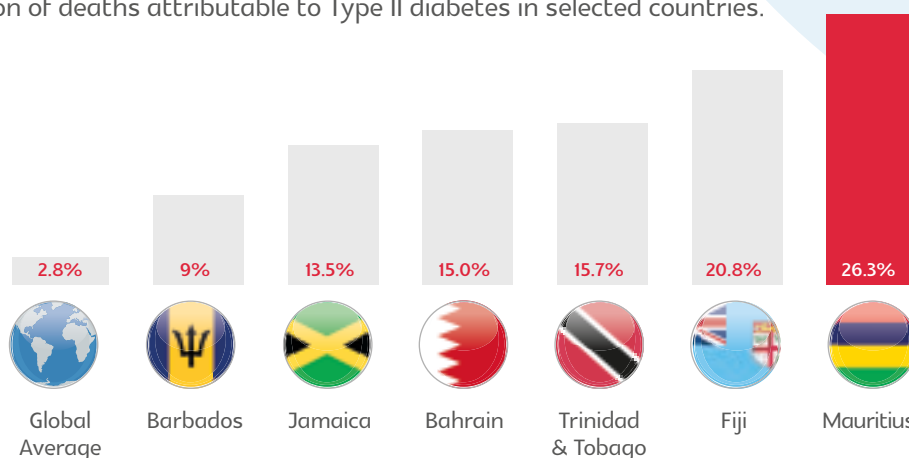
**What is physical activity?**  
 "Any bodily movement produced by skeletal muscles that results in energy expenditure"  
 World Health Organization

## Mauritius is facing a major health crisis

Non-infectious, lifestyle diseases have dramatically increased over the past 20 years and are becoming a major threat to our country. On average, 1 in 4 Mauritians dies of Type II diabetes, a ratio higher than anywhere in the World.

### Health issues

Proportion of deaths attributable to Type II diabetes in selected countries.



Source: Global health estimates 2016 summary tables, Portas analysis

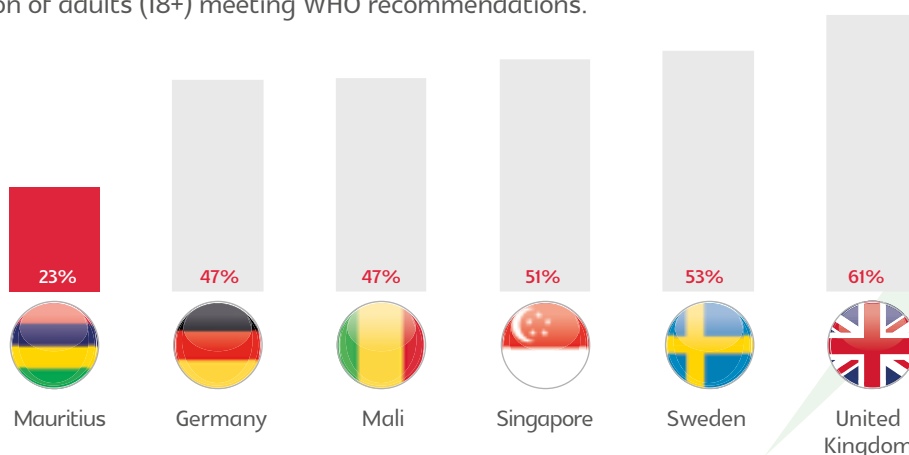
## Accentuated by low levels of sport and physical activity participation

Lack of exercise and physical activity is a critical issue, with only 23% of the Mauritian adult population meeting the World Health Organization (WHO) recommendations of 150 weekly minutes of physical activity and a clear disparity in sport participation in relation to gender, age, socio-economic status and disability.

Physical activity is not recognised as a National priority with comparatively low levels of physical education in school and no common and clearly defined goal to unite and galvanize our sport and physical activity stakeholders.

### Physical activity participation

Proportion of adults (18+) meeting WHO recommendations.



Source: Global health estimates 2016 summary tables, Physical Inactivity and Sedentary Behaviour Report 2017, Physical activity in 22 African Countries, National Sport Participation Survey, The Trends in Diabetes and Cardiovascular Disease Risk in Mauritius The Mauritius Non Communicable Diseases Survey 2015, Portas analysis

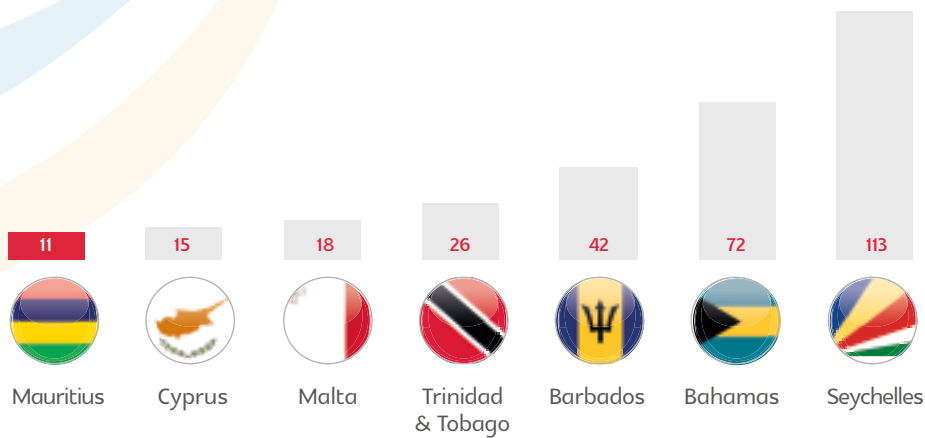


## An opportunity to elevate Mauritian elite sport to new heights

Compared to leading Nations of similar population size, Mauritius is under-represented at major sporting events, most noticeably the Olympic and Paralympic Games. Our aspirations are to meet the same standards of international representation and success.

### Elite success

Athletes per 1M inhabitants at the 2016 Rio Summer Olympics and Paralympics.



Source: Olympic Athletes, Portas analysis

The Mauritian amateur to elite environment does not match the standards of smaller best-in-class Nations and as a result is not delivering against the ambitions of our athletes and citizens. There is no single-point accountability for elite success and current arrangements, make it costly and cumbersome for Rodrigues athletes to compete in Mauritian competitions.

Given our small population, in order to ensure our athletes can compete with the best in the world, a robust talent identification and development system must be put in place to enable all our athletes to achieve their true potential.

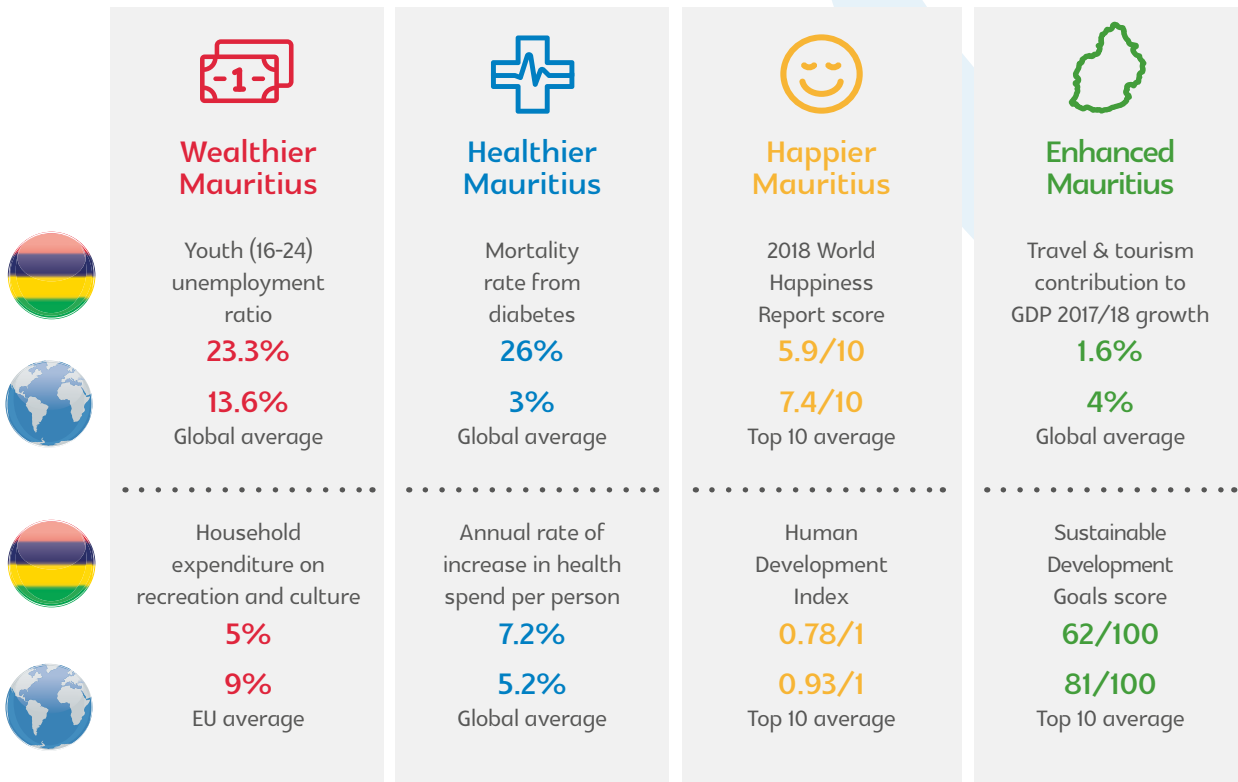
### Why is it essential for you?

Physical activity can reduce the risk of you developing a major illness such as heart disease, stroke, Type II diabetes and cancer and lower your risk of early death by up to 30%



## Radical transformation is needed

A substantial gap exists between Mauritius and global standards, which requires immediate action.



Source: Global indices, Portas analysis

## The Policy will be a catalyst to address these issues





MINISTRY OF  
YOUTH &  
SPORTS

## 2. WHAT IS THE NATIONAL SPORT AND PHYSICAL ACTIVITY POLICY?

The Policy defines the vision, roles and responsibilities, strategic directions and objectives for the development of sport and physical activity in Mauritius.



The National Sport and Physical Activity Policy lays the foundations for the development of sport and physical activity in Mauritius for the 10-year period 2018-2028.

The first stages of putting into practice the Policy will begin immediately with 2019 the first full calendar year of the Policy.

The necessary legislation to fully enable and support the Policy will be designed in 2019.



The National Sport and Physical Activity Policy focuses on 3 major transformational themes, supported by 20 transformative actions and by inspiring yet realistic targets to track long-term progress.

23%  
2015

Foster a culture of community sport and physical activity



Mauritian adult population (18 - 64) meeting the WHO recommendations of 150 weekly minutes of moderate-intensity aerobic activity

35%  
2028

14  
2016

Create an amateur to elite sport environment



Individual athletes qualified for the Olympic and Paralympic Games at LA 2028

20  
2028

1.2%  
Today

Develop a vibrant and growing sport economy



Contribution of sport and physical activity sector to Mauritius GDP

1.8%  
2028





# The Policy will act to foster a culture of community sport and physical activity

23%  
2015

Foster a culture of community sport and physical activity

Mauritian adult population (18 - 64) meeting the WHO recommendations of 150 weekly minutes of moderate-intensity aerobic activity

35%  
2028



The National Sport and Physical Activity Policy has been primarily designed to tackle the health crisis Mauritius is facing. Mauritians' health is everyone's responsibility – collaboration and coordination will drive change and increase Mauritians' participation into sport and physical activity.

-  Agree on a National transformational vision for community sport and physical activity
-  Foster diversity and inclusion in sport and physical activity
-  Create cross-ministerial working group for sport and physical activity
-  Review and update physical education curriculum in collaboration with Ministry of Education
-  Mandate physical activity within all corporates and public sector
-  Empower medical sector to prescribe sport & physical activity
-  Redefine the sports ecosystem roles and responsibilities
-  Deliver joint communication campaigns with Ministry of Health
-  Deliver impactful and sustainable sport and physical activity for all programmes

## Foster a culture of community sport and physical activity – actions details

1



### Agree on a National transformational vision for community sport and physical activity

A vision statement that resonates across the Nation and serves as the foundations for a broader strategic plan. Published, communicated and promoted to unify the sport and physical activity sector and motivate and attract all Mauritians.

**Outcome:**

- Publish, communicate and promote the new vision  
'HEALTHIER CITIZENS, HAPPIER COMMUNITIES AND A STRONGER NATION'

2



### Foster diversity and inclusion in sport and physical activity

Every Mauritian will be involved in the National Sport and Physical Activity Policy. To achieve that, Mauritius is committed to create a sport landscape which equally represents and fosters participation of people from all gender, race, disability, age and faith. A dedicated taskforce will enforce diversity and inclusion in sport and physical activity, supported by a clear strategy and specific policies that apply to all.

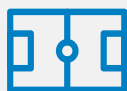
**Outcomes:**

**Events**



- Participation in events
- Attendance to sport events

**Facilities**



- Day-to-day facility access
- Elite athlete facilities access

**Elite**



- Inclusion in athlete programs
- Competition participation

**Employment**



- Opportunities for jobs within all sports entities
- Inclusion of minorities at all levels

**Representation**



- All communities represented in managerial positions, boards and general assemblies

3



### Create cross-ministerial working group for sport and physical activity

Physical activity will be elevated to a National priority. A group of senior public and private sector representatives, unified by the will to drive interest and growth in sport and physical activity, will lead and drive change.

**Outcomes:**

- Elevate sport and physical activity
- Lead and drive implementation of the Policy

**Example: The UK All Party Parliamentary Group on a Fit and Healthy Childhood**

“To promote evidence based discussion and produce reports on all aspects of childhood health and wellbeing including obesity; to inform policy decisions and public debate relating to childhood; and to enable communications between interested parties and relevant parliamentarians”

4



### Review and update physical education curriculum in collaboration with Ministry of Education

The continued development and transition to a curriculum that aligns to global best practices in collaboration with the Ministry of Education. Initiatives to increase the importance of, and improve access to, sport and physical activity for students in primary, secondary and higher education.

**Outcomes:**

- Successfully implement the Nine Year Continuous Basic Education
- Ensure long-term improvement in both quantity and quality of the physical education curriculum



## Foster a culture of community sport and physical activity – actions details

5



### Mandate physical activity within all corporates and public sector

The workplace is an essential focal point to ensure that the transition from education to working life is not synonymous with a drop in an individual's physical activity participation. A pilot initiative to bring compulsory workplace health and wellness programmes to public and private sector will also enable transformation of employees' mindsets around physical activity.

**Outcome:**

- Opportunities for all employees across public and private sector to engage in physical activity

6



### Empower medical sector to prescribe sport & physical activity

Professional healthcare providers will be able to prescribe physical activity in order to prevent and treat illness through local delivery partners, supported by a network of local organisations providing community programmes and opportunities for Mauritians to adhere to prescriptions.

**Outcomes:**

- Reduced public healthcare burden
- Reduced drugs/medication usage
- New regular physical activity participants

7



### Redefine the sports ecosystem roles and responsibilities

Clear roles and mandates are needed across all bodies within the sport and physical activity landscape. All bodies will have set accountabilities to deliver against the participation targets set for 'Sport and Physical Activity For All' and the agreed performance indicators for elite success.

**Outcomes:**

- A fit-for-purpose sport and physical activity ecosystem
- Clear roles, responsibilities and accountabilities

8



### Deliver joint communication campaigns with Ministry of Health

Engaging campaigns are required to encourage and educate all citizens around the benefits of physical activity for long-term health. Role models and high-profile individuals will take part as ambassadors to ensure successful campaigns.

**Outcomes:**

- Increase awareness of the benefits of sport and physical activity across Mauritian society

9



### Deliver impactful and sustainable sport and physical activity for all programmes

A calendar of mass participation programmes, events and competitions, including a large number of community-focused initiatives accessible to all and a series of engaging National flagship events.

**Key Activities:**

- Identify a series of key events at different levels
- Provide opportunities for continued participation after events
- Evaluate event attendance and success to inform future projects

# The Policy will create an amateur to elite sport environment

14  
2016

Create an amateur to elite sport environment

Individual athletes qualified for the Olympic and Paralympic Games at LA 2028



20  
2028

A new elite strategy, led by a common vision, will shape the future and recognise athletes as the central focal point within the talent and elite sport environment. Coaches, Federations, the Mauritius Olympic Committee, the Mauritius Paralympic Committee and other support organisations will play a key role in working together to deliver defined performance goals.

“Inspire Mauritians in the pursuit of excellence on the world stage”

10



One common vision for high performance sport and develop a single body to lead it

11



Develop an elite sport strategy and a sustainable support ecosystem for elite sport

12



Create the Côte d’Or Sports Hub that will include the Sports Academy and Mauritian High Performance Centre

13



Create a National Training Institute to deliver national workforce plan and ensure compliance of workforce to international best practices

## The Policy will create an amateur to elite sport environment – actions details

10



### One common vision for high performance sport and develop a single body to lead it

It is essential for the Mauritian talent and elite sport landscape to be driven by one single body that oversees performance system administration, services for all athlete groups and elite coach development. Future talent and elite sport funding will be allocated to organisations, athletes and bodies in line with agreed policies and strategies.

#### Outcomes:

- Publish, communicate and promote the new vision 'INSPIRE MAURITIANS IN THE PURSUIT OF EXCELLENCE ON THE WORLD STAGE'
- A fit-for-purpose elite body

11

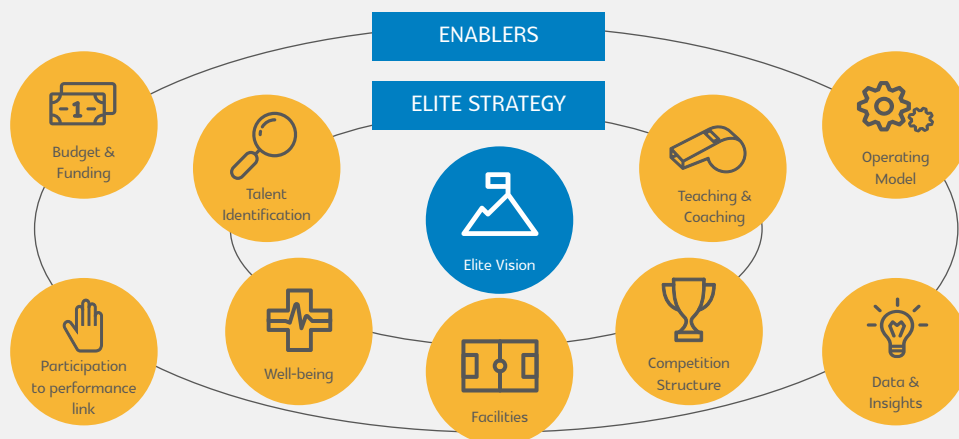


### Develop an elite sport strategy and a sustainable support ecosystem for elite sport

An athlete-centric elite sport strategy that informs the elite sport environment and enable achievement of our elite vision, supported by a pathway of talent identification, confirmation and development across Mauritius and Rodrigues.

#### Key activities:

- Full review of elite sport current situation
- Develop overarching elite strategy based on international best practices
- Develop full, long-term strategic, operational and business plan for the Côte d'Or complex
- Develop full operating model for Côte d'Or including opportunities for local, regional and international markets
- Ensure the complex develops and delivers an offer to both sport for all participants and the elite sport sector



12



### Create the Côte d'Or Sports Hub that will include the Sports Academy and Mauritian High Performance Centre

A state-of-the-art, fully integrated, sports hub that clusters sports operations, education and elite support within the Côte d'Or complex, with shared back office staffing and knowledge sharing.

#### Key Activities:

- Stakeholder mapping and analysis, and international best practice gathering
- Develop operating model (including capacity requirement, organisation design, financial and administrative systems)
- Financial and business plan development including, marketing and communications plan, strategy definition, including KPIs, targets, milestones and accountabilities

13



### Create a National Training Institute to deliver national workforce plan and ensure compliance of workforce to international best practices

A body overseeing workforce development, delivering best practice training, standards and guiding principles to equip the national workforce to support and inspire an active population and high performing athletes.

#### Key Activities:

- Develop national coaching standards and processes
- Develop and deliver coaching strategy
- Provide and administer training, incentives and encouragement to develop a culture of volunteering

# The Policy will act to develop a vibrant and growing sport economy



A series of transformative initiatives have been developed in order to create the environmental factors and enablers to encourage the development of a thriving sports economy.

The Mauritius Physical Activity and Sport Survey (MPASS) will inform and shape our ongoing decision-making for future years. A process of digitisation will enable centralisation of data and technology, integrating the already existing systems into a digital hub.

An innovation centre, focused on sport and physical activity will be created to support the start-up and SME sector, which will provide opportunities to further grow 'active' sport, leisure and recreational activities.

A strategy will be developed to inform further investment into the maintenance of new and existing public sports facilities.

Finally, the Policy will foster sport and physical activity tourism with the objective of making Mauritius the "Active Sport Island".

- 14  **Digitise the sport and physical activity landscape**
- 15  **Make Mauritius the "Active Sport Island"**
- 16  **Incentivise private sector investment into sport and physical activity**
- 17  **Conduct the annual Mauritius Physical Activity and Sport Survey**
- 18  **Develop a legislative framework to regulate and foster the sport sector**
- 19  **Launch a Nation-wide programme to improve facilities maintenance and accessibility**
- 20  **Ring-fence the required public funding to achieve the sport and physical activity vision**

## The Policy will act to develop a vibrant and growing sport economy – actions details

14



### Digitise the sport and physical activity landscape

A digital landscape offering improved consumer experiences and knowledge sharing, informing future decisions relating to policy, strategy and funding. A sport and physical activity portal will enable centralisation of data.

#### Key Activities:

- Define system requirement for digitalising consumer-facing processes, back office administration, elite athlete system, programme monitoring and evaluation
- Undertake extensive initial product testing with consumers and users
- Deliver product to market, onboard users and continually seek feedback for improvement

15



### Make Mauritius the “Active Sport Island”

An exciting calendar of sport events and a well-structured sport offering for locals and tourists, supported by pilot projects for both land and water-based active leisure.

#### Key Activities:

- Develop active lifestyle offer for local and tourist markets in Mahebourg ‘Village Touristique’ pilot
- Active Island Events - identify and support an active leisure event portfolio and overarching brand

16



### Incentivise private sector investment into sport and physical activity

Development of the Mauritian Sport Innovation Centre. Partnerships with the private sector as well as the voluntary sector and local government, working with stakeholders to identify opportunities for investment into the sport and physical activity sector.

#### Key Activities:

- Develop the Sport Innovation Centre through the National Incubator Programme
- Adopt partnerships with the private sector as well as the voluntary sector and local government
- Work with Economic Development Board to identify opportunities for investment into the sport sector

17



### Conduct the annual Mauritius Physical Activity and Sport Survey

An annual survey providing a detailed understanding of sport and physical activity in Mauritius, whose results will both inform strategic decisions and enable Policy impact monitoring.

#### Key Activities:

- Align on a ‘Sport and Physical Activity For All’ definition which includes WHO standards
- Design questionnaire and identify delivery agency
- Analyse responses to generate insights to inform future strategic work

18



### Develop a legislative framework to regulate and foster the sport sector

A legislative framework built on consistent design principles and aligned with the major objectives of the Policy, ensuring good governance and promoting a mixed market economy

#### Key Activities:

- Define required legislation and/or regulatory structures
- Present, consult and syndicate
- Transcribe consultation document into legislation

19



### Launch a Nation-wide programme to improve facilities maintenance and accessibility

An evidence-based National sport and physical activity facilities strategy that considers wider Policy agendas and leads to innovation and new funding opportunities not traditionally available to sports facilities.

#### Key Activities:

- Conduct a full audit of facilities across all sports to develop a sports facilities strategy
- Develop maintenance plans for all facilities and consider innovative solutions
- Increase facilities utilisation through a database and a streamlined booking and payment system

20



### Ring-fence the required public funding to achieve the sport and physical activity vision

Increased public funding designated to initiate Mauritius’ sport and physical activity transformation and stimulate additional private sector investment.

#### Key Activities:

- Cross-Ministerial Working Group to ring-fence budgets for Sport for All and Elite Sport
- Adopt uniform appraisal and evaluation methodology for investments, so effectiveness can be compared, the best initiatives selected and improvement driven across all future investments
- Scope 2019 - 2020 Budget against policy recommendations, new structures and programmes

# 3. HOW WILL THE NATIONAL SPORT AND PHYSICAL ACTIVITY POLICY IMPACT YOU?

Healthier citizens, happier communities and a stronger nation









**0-5 Years**

-  Builds relationships and social skills
-  Better sleep
-  Maintains health and weight
-  Develops muscles and bones
-  Contributes to brain development and learning
-  Encourages movement and co-ordination



**Pregnancy**

-  Helps to prevent diabetes of pregnancy
-  Helps reduce high blood pressure
-  Improves mood
-  Helps control weight gain
-  Improves fitness
-  Better sleep

## 5-18 Years



Builds confidence and social skills



Better sleep



Improves health and fitness and maintains healthy weight



Strengthens muscles and bones



Develops coordination



Less likely to smoke or use drugs



Improves concentration and learning



40% higher test scores at school



15% more likely to go to college



## Adults and elderly



Benefits health



Maintains healthy weight



Improves quality of life



Better sleep



Manages stress



Earns 7-8% more throughout life



May live up to five years longer

## Healthier citizens, **happier communities** and a stronger nation

### Connected

Through increased community participation in organised sport and physical activity, the Policy will strengthen the relationships that tie us together:

- Deliver sport and physical activity programmes in locations accessible to all members of the community
- Work with local communities to develop a culture of family-based events with a solid backbone of local volunteers
- Create new community-based groups that regularly meet to take part in physical activity

### Inclusive

The Policy will promote social integration by encouraging interactions and the development of networks between socially diverse groups:

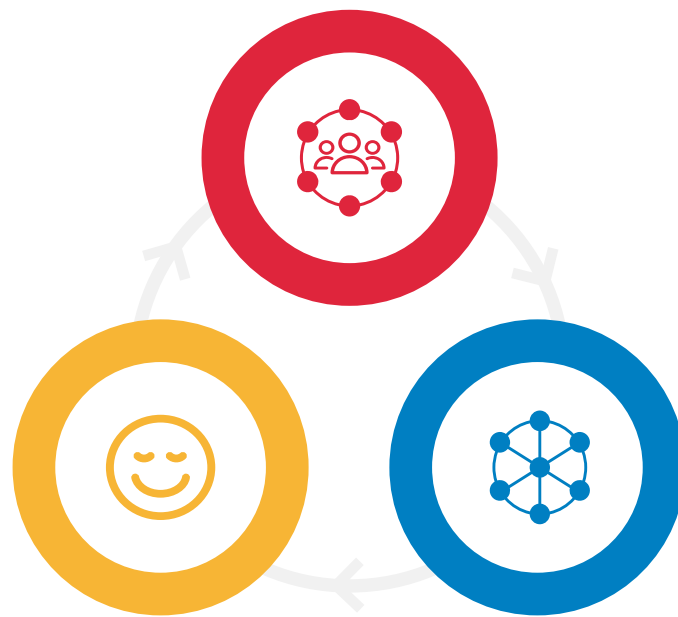
- Focus initiatives to target and integrate under-represented groups in sport and physical activity
- Respect the unique variety and mix of cultures within Mauritian society

### Happier

Physical activity generates health benefits that help improve our lives and work more effectively.

The Policy will promote individual and collective well-being:

- Provide a sense of purpose and improve feeling of belonging within local communities
- Create and foster existing social support networks and focus on the quality of relationships created
- Build confidence and positive self-esteem





## Healthier citizens, happier communities and a stronger nation



The Policy marks an opportunity for Mauritius to adhere to the global standards in harnessing the power of sport and physical activity to create impact against the United Nation's Sustainable Development Goals

The 17 Sustainable Development Goals (SDGs) represent the ambitions outlined in "Transforming our World: the 2030 Agenda for Sustainable Development" adopted by the United Nations General Assembly in 2015.



The Policy will enable Mauritius to maximise the contribution of sport and physical activity to sustainable development.





ANSAM LAME DAN  
LAME NOU POU REISI



