



*Move into sport, move through sport!*

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# 1. Purpose and framing



- The **European commission** has adopted new proposals aimed at strengthening the social, economic and organisational dimensions of sport
- *“Sport is important for Europe’s economy and a key component of its social model. The measures we have adopted today highlight sport’s contribution to our society and will help improve the way sport is run.” (Androulla Vassiliou, the European Commissioner for Education, Culture, Multilingualism, Youth and Sport)*
- **‘Prisoners on the Move! Move into sport, move through sport!’**. Project leader: **De Rode Antraciet vzw** (DRA - The Red Anthracite)
- **Main objective:** *“Aiming for the reintegration of prisoners into community as an overall policy in detention, sport(-related) initiatives with the focus on social inclusion will be developed. In particularly the group of ethnic cultural minorities, who are overrepresented in EU-prisons (until 50% and more)”*

# 1. Purpose and framing

- **Vrije Universiteit Brussel** (VUB) - department of Sport Policy and Management (SBMA) - in close collaboration with **The International Centre for Ethics in Sport** (ICES, Belgium)



Prof. Dr. Marc Theeboom - VUB - SBMA  
Prof. Dr. Kristine De Martelaer – VUB - BETR / ICES  
Research assistant Zeno Nols - VUB - SBMA

# 2. Timing and methodology

- **Timing**

Phase	What?	When?
0	Start-up and internal consultations with ICES and DRA	Feb-Mar 2011
1	Literature study and development survey	April-June 2011
2	Sending survey to participating partners	July 2011
3	Processing and analysing survey	Sep-Dec 2011
4	Screening of two case studies	Jan-April 2012
5	Final report and presentation	June 2012

# 2. Timing and methodology

- **Methodology**

- 1) Survey

- 5 participating countries: Denmark, Belgium, Romania, France and Spain
    - In total, 20 prisons (n=20) were questioned (6 Danish; 5 Belgian; 5 Romanian; 3 French; 1 Spanish)
    - Respondents were those responsible for the prison's sport offer; inmates were not questioned (!)
    - Distributed and collected by De Rode Antraciet vzw (DRA)
    - 4 themes
      - ❖ Sports offer
      - ❖ Objectives, methods and strategies
      - ❖ Staff and resources
      - ❖ Evaluation of the sports offer

# 2. Timing and methodology

- **Methodology**

- 2) In-depth screening

- 2 sport programs as case studies
      - ❖ 'Summer Games' at Hoogstraten prison (Belgium)
      - ❖ 'KOSMOS project' at Kærshovedgård prison (Denmark)
    - Appointed by De Rode Antraciet vzw

# 3. Prison life 'in a nutshell'

- **Detention** = (temporary) exclusion from society
- Nevertheless, every prisoner preserves the **right to** education, culture, healthcare, well-being, work and sport. The European Union attaches great importance internally to respect for human rights (e.g. Charter of Fundamental Rights of the EU, 2010).
- Garland (1990) refers to "penal welfarism"
- Aim to prepare prisoners as good as possible for a **successful return to society**
- However ...

# 3. Prison life 'in a nutshell'

- **However ... this successful return is not easy**

- 1) Personal inmate background

- Often difficult personal history and negative experiences
- Many are vulnerable regarding education, employment, housing and social networks

- 2) Prison life

- "The pains of imprisonment": fundamental attack on the inmate's person and sense of moral worth
- Inmates do not feel bound by a moral duty to obey (no 'docile bodies')
- Vast repressive power of authorities is inefficient for maintaining order
- Relation between prison staff and inmate is inherently unstable
- Excess of 'free time': sense of boredom with many 'dead' hours
- Stress, anxiety and depression
- Frustration and violence
- Drug use
- ...

# 3. Prison life 'in a nutshell'

- **Sport**

- *"Alongside, the rapid growth in prison populations in the Western societies has been an increased interest in the use and value of sport and physical activity settings in prisons."* (Martos-García et al., 2009)

- **Why sport?**

- Softening of the "pains" suffered by prisoners during their incarceration (Martos-García et al., 2009; Western, 2006)
  - Meaningful pastime / Working as a 'destino'
  - Stress and anxiety reduction
  - Displace anger and frustration
  - Relax and calm down
- Fend off one's physical and mental decline (Caplan, 1996)
- Social control and order: a more 'social' climate (Martos-García et al., 2009; Western, 2006)
- Thus, an interesting medium to set up programs around social inclusion

# 3. Prison life 'in a nutshell'

- **Academic references used**

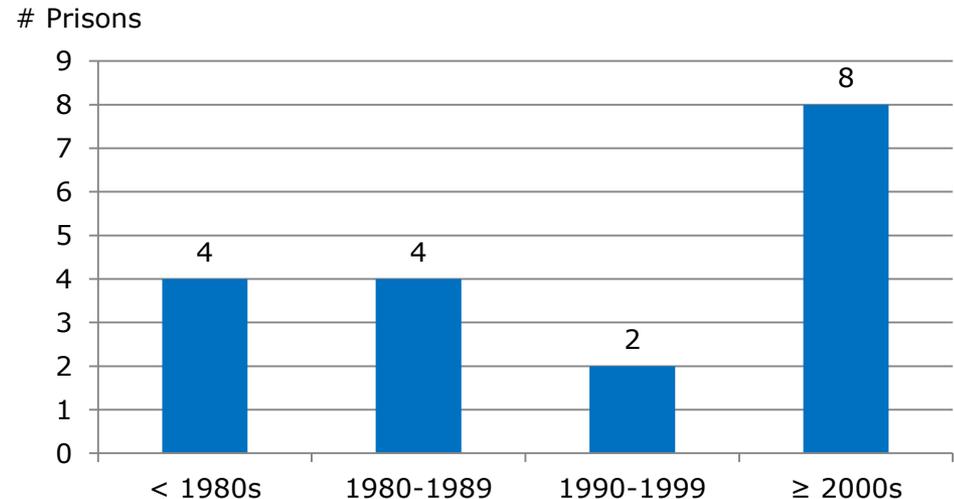
- Caplan, A. 1996. *The role of recreational sports in the Federal Prison System, Wolfville (Canada)*. Acadia University, Master of Arts and Sociology Thesis
- Garland, D. 1990. *Punishment and Modern Society*. Chicago: University of Chicago Press
- Martos-García, D., Devís-Devís, J., and Sparkes, A. C. 2009. Sport and physical activity in a high security Spanish prison: an ethnographic study of multiple meanings, *Sport, Education and Society*, 14: 1, 77-96
- Western, B. 2007. Introduction to 'The society of captives'. In: G. Sykes. *The Society of Captives: A Study of a Maximum Security Prison*. Princeton University Press

# 4. Findings: the prisons

- **Type of prison** (n=20)
  - Closed (9), combination (6), open (3), half open (2)
  - 'Combination' can be: open & half open, open & closed units, etc.
- **Number of inmates** (n=20)
  - On "average": 607 inmates per prison
  - Lower rates for Danish (approx. 200 inmates) and Belgian prisons (approx. 500) and higher rates for Romanian, French and Spanish prison(s) (800+)
- **Gender** (n=18)
  - Mainly men: men only (11), both men and women (7), women only (0)
- **Age** (n=20)
  - Only one 'real' juvenile prison (14-21 year-olds), other prisons of mixed (all) ages
- **Offences** (n=20)
  - All types of offences: all types (17), serious offences (2), light offences (1)

# 4. Findings: the sports offer

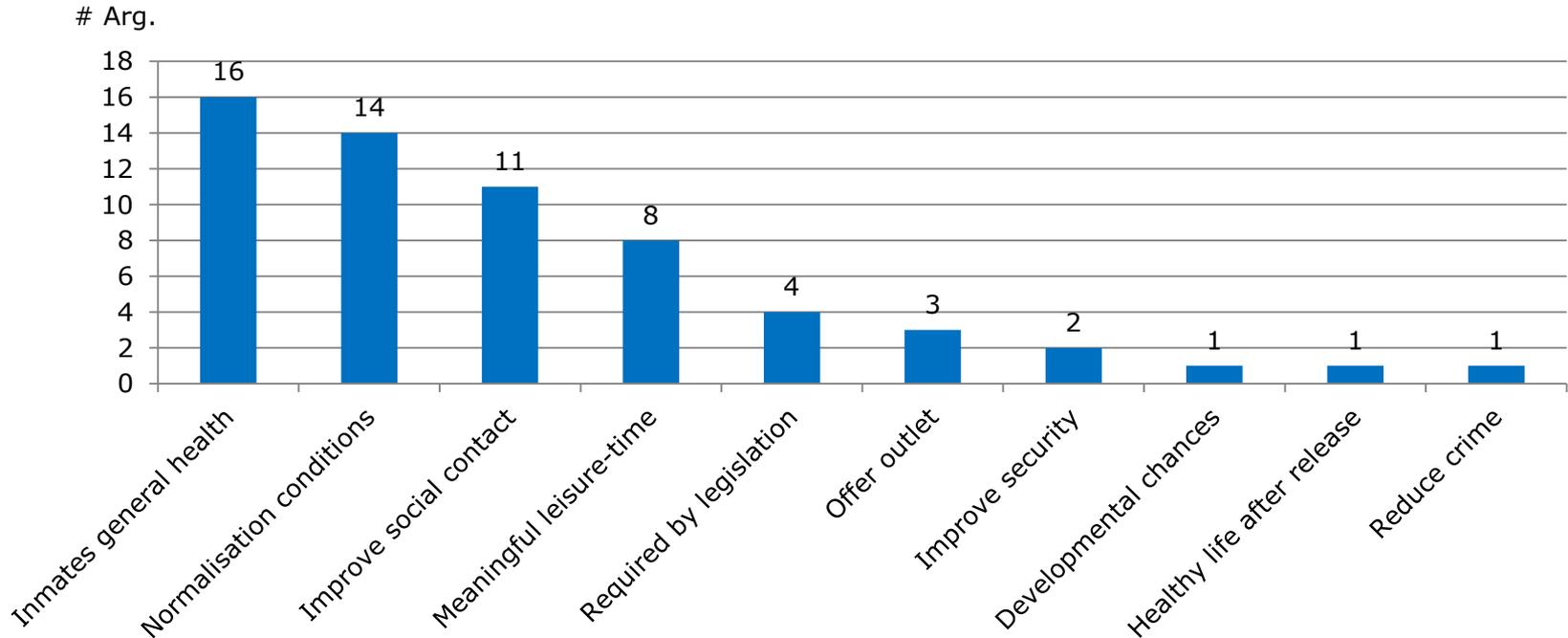
- **Since when sports offer (SO)?** (n=18)
  - Overall: respondents indicated an increased sports offer and staff (!)



- Not easy to tell since respondents interpreted 'sports offer' differently
- '≥ 2000s': also 3 new prisons and at least 3 appointments of a sports coordinator or sports officer
- '1980-1989' and '1990-1999': referring to a 'sport offer' or 'sport service'
- '<1980s': also as 'physical activities' or 'free activity'

# 4. Findings: the sports offer

- **Why sports?** (n=20)

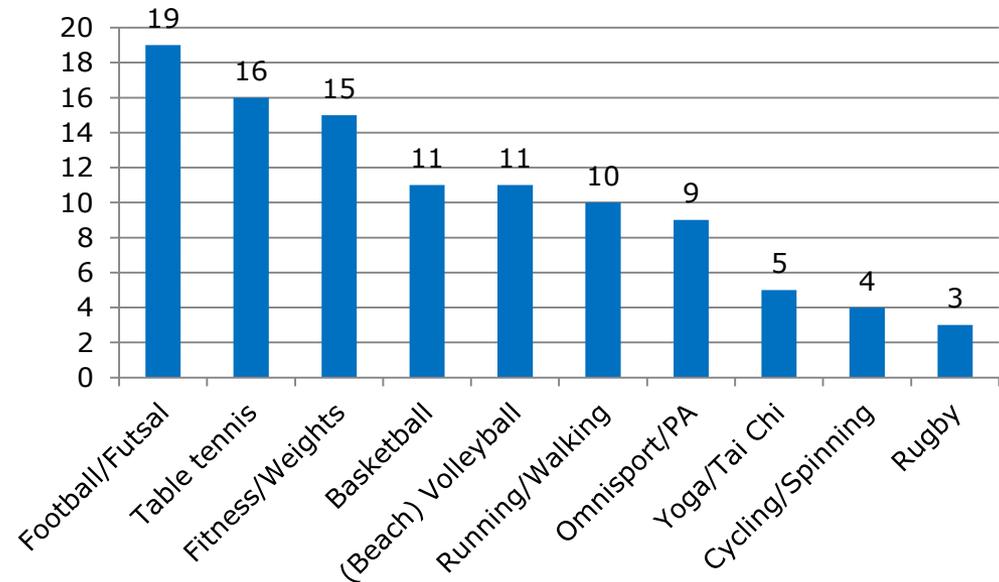


# 4. Findings: the sports offer

## • Which sports? (n=20)

Badminton	Rugby (Am. football)
Basketball	Boxing
Cycling/Spinning	Meditation
Darts	Yoga/Tai Chi
Fitness/Weights	Minigolf
Football/Futsal	Omnisport/PA
Hockey	Dance/Zumba
Pétanque	(Lawn) Bowling
Billiards (Pool)	Aikido
Running (Jogging)	Karate
Swimming	Athletics
(Table) Tennis	Father-baby gym
(Beach) Volleyball	Fencing
Walking	45+ sports
Fishing	Canoeing

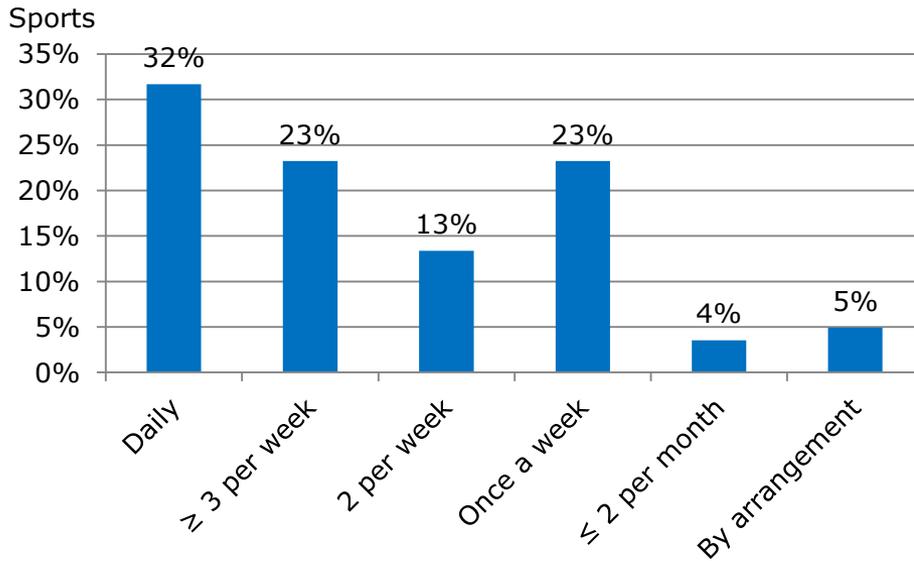
## Top 10 offered prison sports (n=20)



➤ A variety of sports are being provided, with football/futsal amongst 19 of the 20 prisons

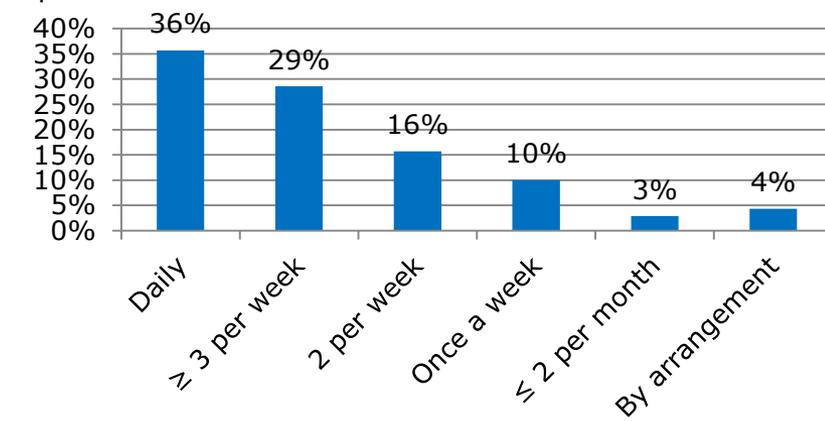
# 4. Findings: the sports offer

- **Sports frequency** (n=20)

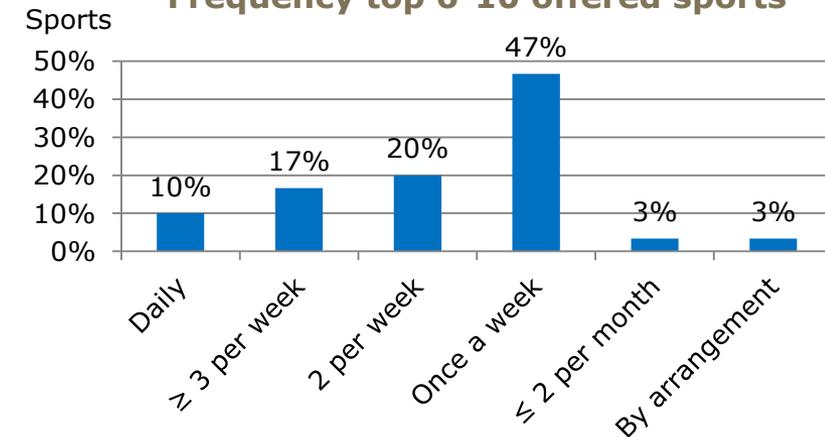


- '≤ 2 per month': yearly tournaments or (two-)monthly activity
- 'By arrangement': only offered during a certain period, or during a traineeship from a sports monitor, or sports such as swimming and fishing

## Sports Frequency top 5 offered sports



## Sports Frequency top 6-10 offered sports



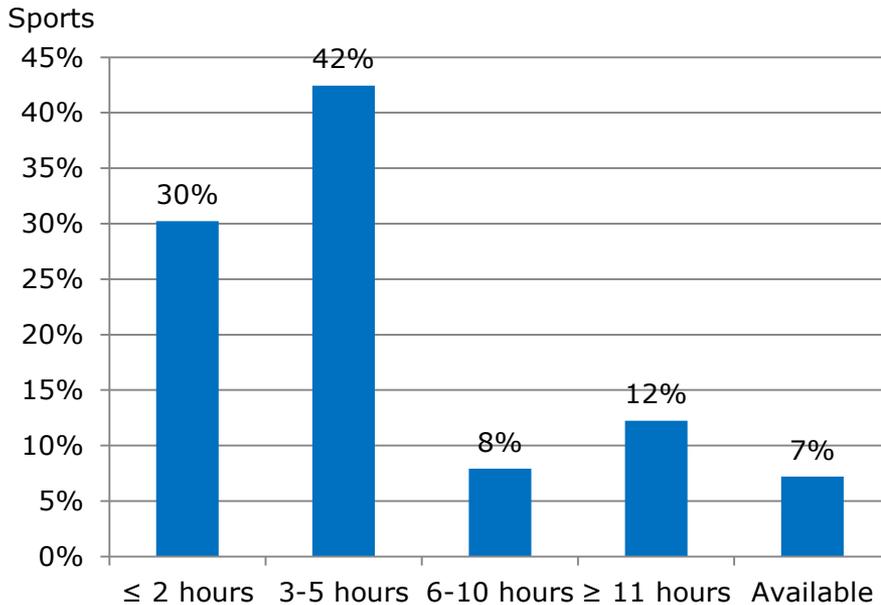
# 4. Findings: the sports offer

- **Reasons why some sports are offered more frequently**

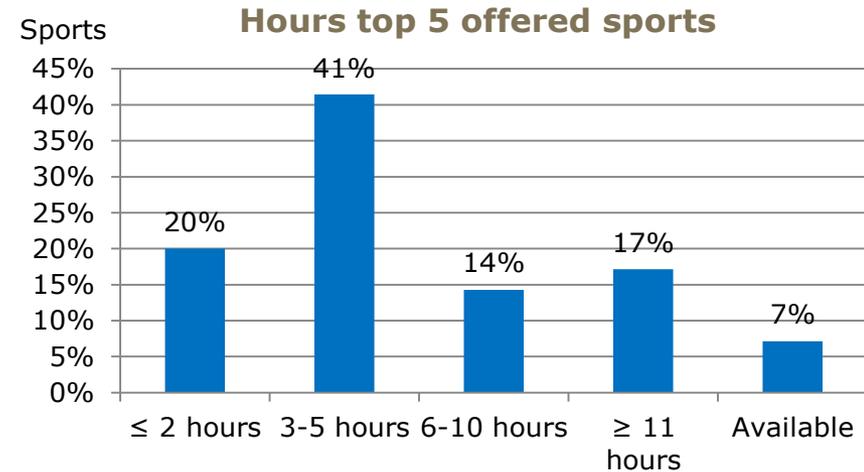
Reasons why some sports more frequently (n=16)	# Arguments
Popularity amongst inmates	11
Cost of the activity	4
Degree of organisation (facility access, easy to organise)	3
Degree of safety and control	2
Available of professional guidance (e.g., sports monitors)	2
Number of inmates that can take part	1
Degree of health improvement	1

# 4. Findings: the sports offer

- **Hours of sport per week** (n=20)

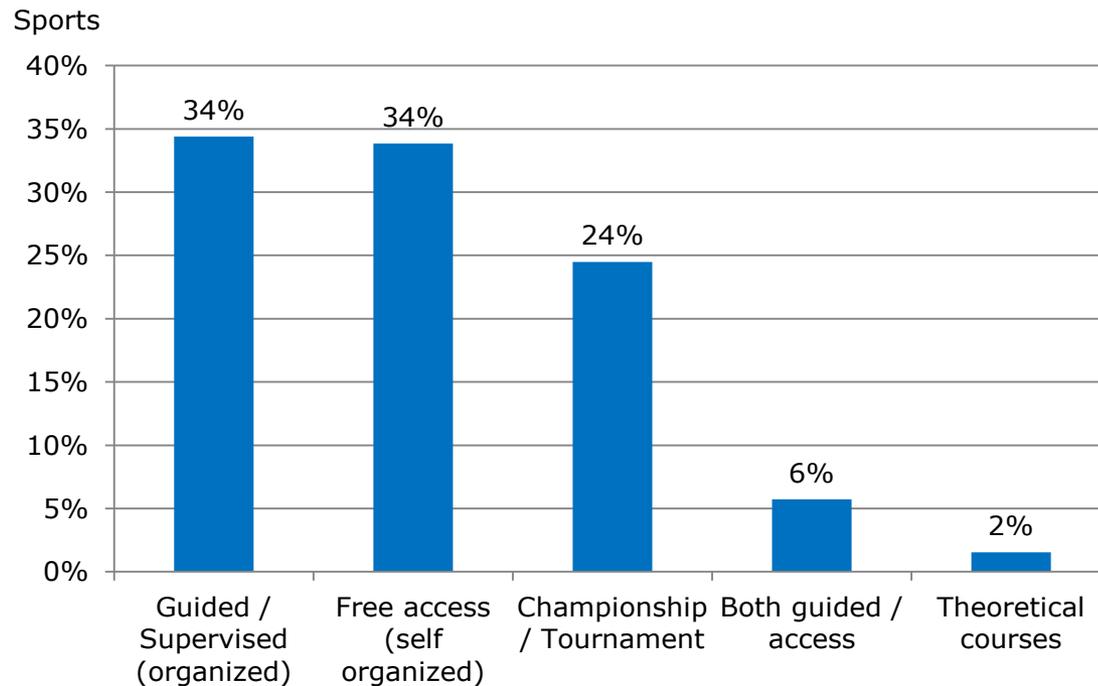


- Almost half of the sports are offered around 3-5 hours per week
- Relative to the popularity of the offered sport (see S18), sports are organised more or fewer hours a week (+ see graphs on the right)



# 4. Findings: the sports offer

- **Organisational format** (n=20)



➤ 'Theoretical courses': training in football refereeing (2) and health courses in relation to bodybuilding and multisport

# 4. Findings: the sports offer

- **Reasons why some formats offered more frequently**

Reasons why some formats more frequently (n=16)	# Arguments
Develop skills and attitudes	6
Amount of funding	6
Popularity	3
Quality guarantee	2
Other reasons	4

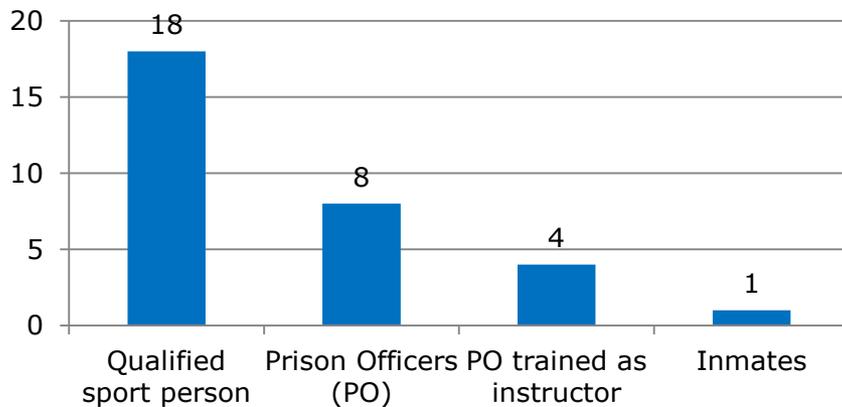
- 'Development skills and attitudes': e.g. team spirit, fair play, competitiveness → guided or championships / tournaments
- 'Amount of funding': i.e. for staff and qualified instructors → less funding is less guidance and more free activity

➤ 'Other reasons': "the various units and their facilities differ"; "logistics"; "in this (prison) context, some organisational formats are easier to organise than others, it's about the practical side"; "most of the organisational formats are chosen because of the limitations of the prison institutions"

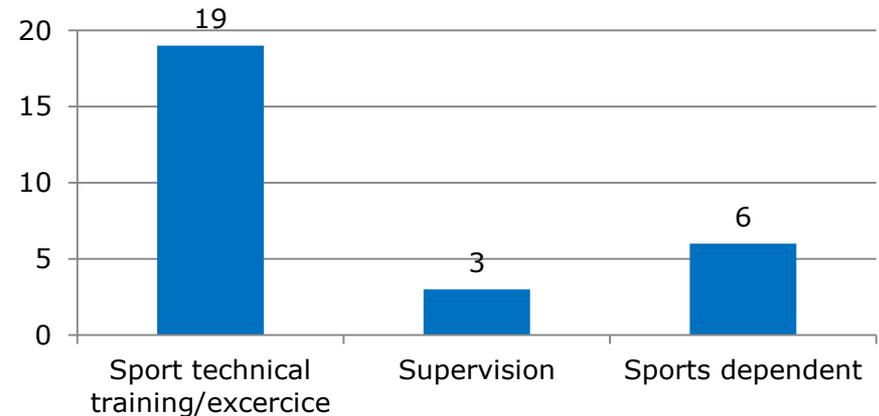
# 4. Findings: the sports offer

- **Guidance of sports activities** (n=19)
  - Yes (12), no (0), sports dependent (7)

**Guided by who?** (n=20)



**How guided?** (n=18)



- Sport technical training by qualified sport person or prison officer trained as instructor
- Supervision by prison officer (and in one prison by inmates) for safety reasons

# 4. Findings: the sports offer

- **Open to all inmates?** (n=20)
  - Yes (8), no (12);
  - If 'Yes' (n=8) → All inmates can participate together (n=8)
- **Not open to all inmates** (n=12)

Who is not allowed? (n=11)
Excluded inmates (6)
Closed units (3)
Bad health (3)
Age-related
Gender-related

Why some sports not open to all? (n=7)
Different groups of inmates can not be mixed (4)
Waiting list
Sport outside prison
Dangerous for personal security (fights; e.g., vale tudo, kickboxing).

- 'Excluded inmates': bad behaviour and also for inmates that don't show up
- 'Closed units': no contact allowed
- 'Age-related': minors can not be mixed with adults
- 'Gender-related': women can not be mixed with men

# 4. Findings: the sports offer

- **Popular sports amongst inmates** (n=19)

Top 10 offered prison sports (n=20)	Top 10 popular sports among inmates (n=19)
Football/Futsal	Football/Futsal
Table tennis	Fitness/Weights
Fitness/Weights	<i>Table Tennis</i>
Basketball	(Beach) Volleyball
(Beach) Volleyball	<i>Badminton</i>
Running/Walking	Cycling/Spinning
Omnisport/PA	Running/Walking
Yoga/Tai Chi	Swimming
Cycling/Spinning	Omnisport/PA
Rugby	<i>Dance/Zumba</i>

➤ Compare with 'Top 10 **offered** prison sports' (S15): football/futsal, table tennis, fitness/weights, basketball, (beach) volleyball, running/walking, omnisport/PA, yoga/tai chi, cycling/spinning, rugby. No badminton, swimming or dance/zumba in 'Top 10 **offered** prison sports'. Offered sports ~ popular sports.

# 4. Findings: the sports offer

- **Why are certain sports popular?**

Why certain sports popular (n=17)	# Arguments
Possible to socialise	7
Sports that are guided	5
Possible to work on the body	5
Also popular outside prison	3
Organised outside the unit	3
Always accessible	1
Possible to organise competition	1
No guidelines (free play)	1
Everybody can participate	1

# 4. Findings: the sports offer

- **Popular formats amongst inmates**

Popular formats amongst inmates (n=16)	Why (n=11)
Guided/coordinated training (7)	<u>Generation of team/group spirit</u> ; meaningful prison life; forward looking goals; staff commitment; a lot of physical effort in a short time
Championships (4)	Possibility of showing sport skills and playing competition; generation of team/group spirit
(Free) access to facilities (self-organisation) (4)	No guidelines/directions (free play)
Organised outside (2)	Outside
Organised with/through external partners (2)	Because of fair play; desire to meet other people with same age

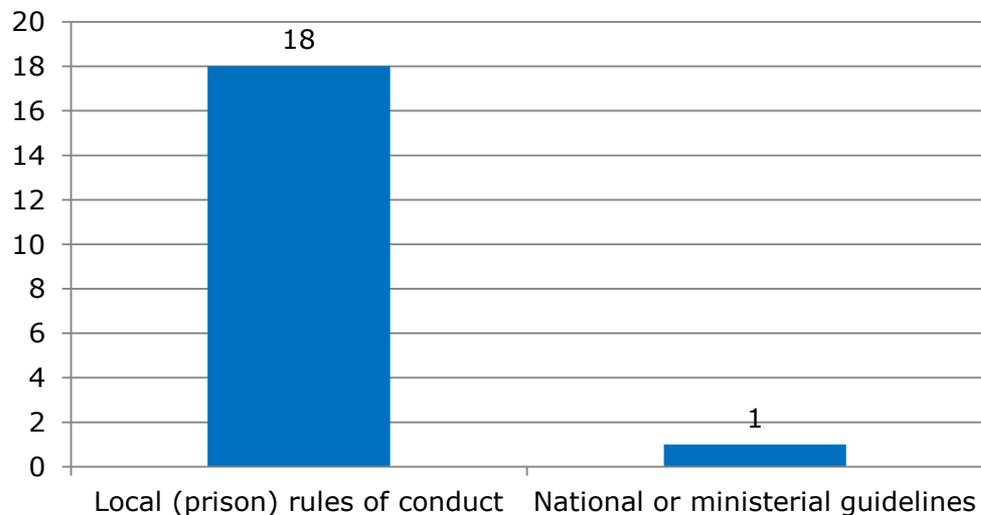
➤ Note: underlined answers were given the most by the respondents

# 4. Findings: the sports offer

- **Rules of conduct** (n=20)

- Yes (19), No (1: "no specific regulation in the field of sport practices")

## Which rules of conduct (n=19)



- 'Local rules of conduct': behavioural rules, dress code, health codes (no smoking, no drug use), etc.
- 'National or ministerial guidelines': i.e. Sentence Enforcement Act, Department of Prisons and Probation; This was mention by one prison, who said they were also preparing 'local rules'

# 4. Findings: the sports offer

- **Insight on which groups participate?** (n=15)
  - Yes (10), no (5)
- **If insight, are some groups underrepresented?** (n=11; 1 missing and 2 'no insight')
  - Yes (11), no (0)
  - Which groups are underrepresented? (n=10): see table on next slide
  - Why are these groups underrepresented? (n=8): see table on next slide
- **If no insight, do you consider this as a problem?** (n=5)
  - Yes (2), No (3)
  - Why not? → A correct measurement is very difficult; you can not focus on specific target groups; leisure-time activities are not supervised

# 4. Findings: the sports offer

- Table underrepresented groups**

➤ Note: underlined answers were given the most by the respondents

Underrepresented groups (n=10)	Why (n=8)
Older inmates (seniors) (2)	Not familiar with sports like young people; poor physical condition (moveability)
Isolated inmates (2)	In need of protection; regiment situation
Inmates with chronic disease or sickness (2)	Illness; <u>poor physical condition</u>
Inmates with an addiction problem (2)	<u>Drug addiction</u> ; poor physical condition
Inmates with 'low hierarchy' (2)	Easily excluded
Inmates with a disability	Don't like to show their disability; bad feeling about sports
Inmates that don't like to sport (2)	Poor physical condition; bad feeling about sports
Women	Poor physical condition; drug addiction
New inmates	Moment of arrival in prison; refuse to take part in activities arranged by officials
Inmates with short term sentences	Due to a waiting list for sports activities

# 4. Findings: the sports offer

- **If insight, are some groups overrepresented?** (n=9; 3 missings and 2 'no insight')
  - Yes (6), no (3)

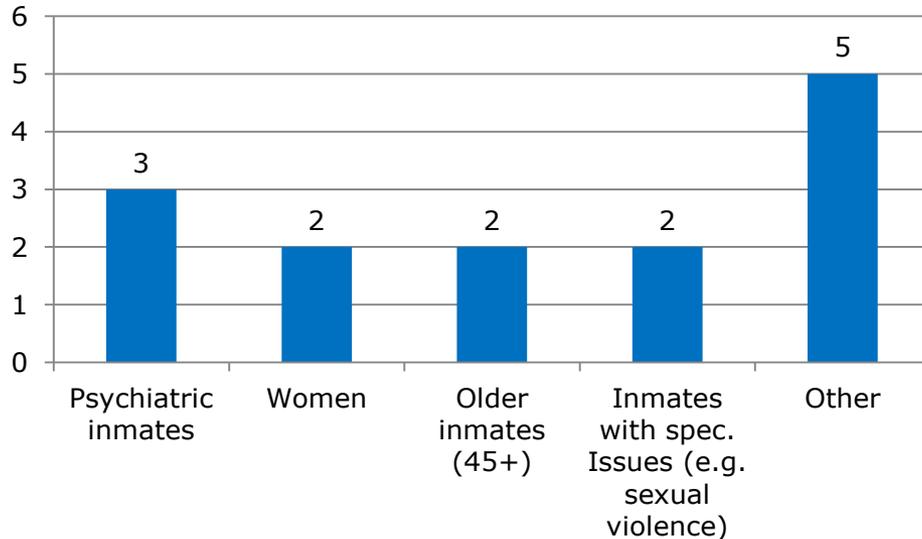
- **Table overrepresented groups**

➤ Note: underlined answers were given the most by the respondents

Overrepresented groups (n=6)	Why (n=4)
Younger inmates (18- to 30-year-olds) (2)	<u>Have more energy (power &amp; dynamism);</u> they like to focus on their looks/appearance; they easily become involved in sports
Mentally and physically stronger inmates	Have more energy (power, dynamism); part of a 'group' (based on gang or nationality)
Inmates who were already strong before detention	(missing)
Inmates of East-European background	(missing)
Inmates of modules (e.g., respect module or sport module)	They are required to participate in many activities

# 4. Findings: the sports offer

- **Specific target groups in sports offer?** (n=16)
  - Yes (11), no (5)
- **If specific target groups, which?** (n=10)



Other (5)
Inmates that do not participate in productive activities
Weak inmates
Addicted inmates
Juvenile inmates
Inmates with children/babies

# 4. Findings: the sports offer

## • Table target groups

➤ Note: underlined answers were given the most by the respondents

Target groups (n=10)	Why (n=9)
Psychiatric inmates (3)	<u>Specific needs, interest or care (based on personal characteristics)</u>
Women (2)	Specific needs, interest or care (based on personal characteristics); <u>offer meaningful leisure time (positive experiences and activation)</u>
Older inmates (45+) (2)	Offer meaningful leisure time (positive experiences and activation); specific needs, interest or care (based on personal characteristics)
Inmates with specific issues (e.g., medical, sexual violence) (2)	Specific needs, interest or care (based on personal characteristics)
Weak inmates	Offer meaningful leisure time (positive experiences and activation); motivate inmates for the future
Addicted inmates	Help inmates of their addiction (and crime)
Inmates who have children (fathers)	Get inmates to social intercourse; motivate inmates for the future; specific needs, interest or care (based on personal characteristics)
Inmates that do not participate in activities	Offer meaningful leisure time (positive experiences and activation); get inmates to social intercourse
Juvenile inmates	(missing)

# 4. Findings: the sports offer

## Specific measures for target groups? (n=11; 1 missing and 1 'no specific target group')

- Yes (10), no (1)

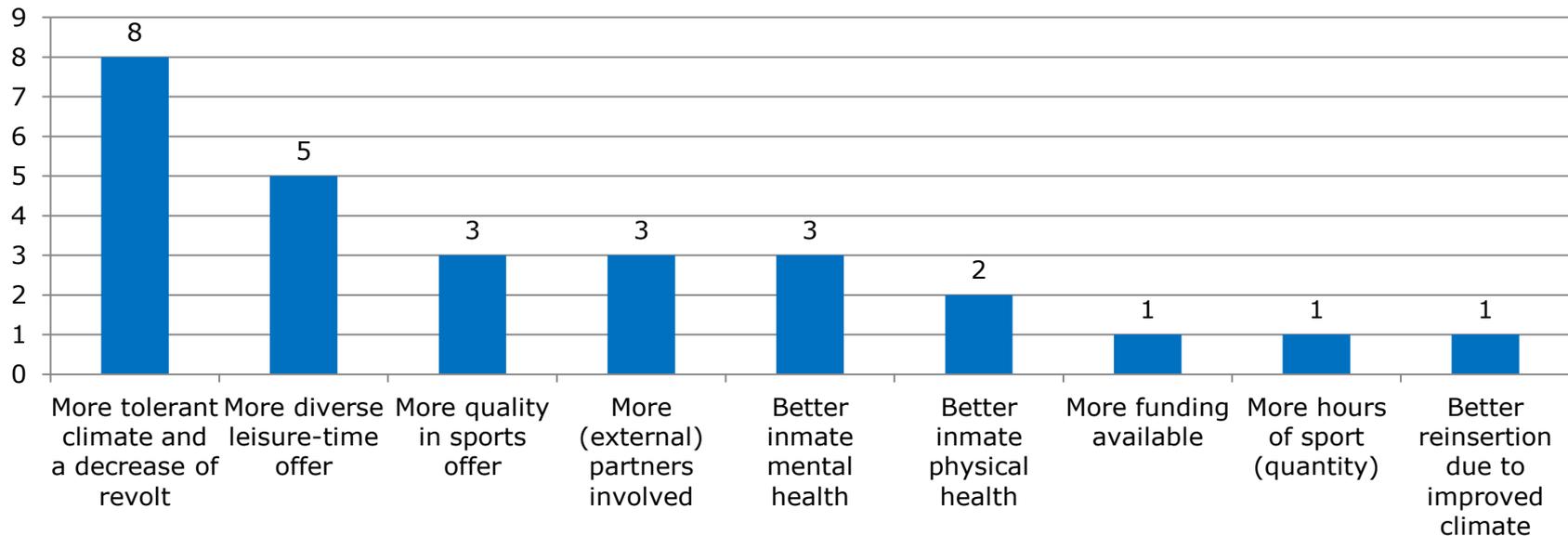
➤ Note: underlined answers were given the most by the respondents

Target groups (n=10)	Measures (n=9)
Psychiatric inmates (3)	Specialised care team (psychologists, physio, movement therapist, etc.); <u>Offer special activities or adjustments</u> (e.g., specialised instructors)
Women (2)	Offer special activities or adjustments
Older inmates (45+) (2)	Offer special activities or adjustments
Inmates with specific issues (e.g., medical, sexual violence) (2)	Offer special activities or adjustments
Weak inmates	Offer special activities or adjustments
Addicted inmates	Nutrition; working on/building up their physical condition; establishing good habits of exercise and movement
Inmates who have children (fathers)	Offer special activities or adjustments
Inmates that do not participate in activities	(missing)
Juvenile inmates	Offer special activities or adjustments
All target groups	Planning activities in a weekly time-table (under the close supervision of the assigned specialist)
All target groups	Year plan that (offers a broad sports offer for all target groups) takes these target groups into account

# 4. Findings: the sports offer

- **Evolution since the start of the sports offer?** (n=18)
  - Yes (16), no (2)

## Which evolution? (n=16)



# 4. Findings: the sports offer

## • Table evolution

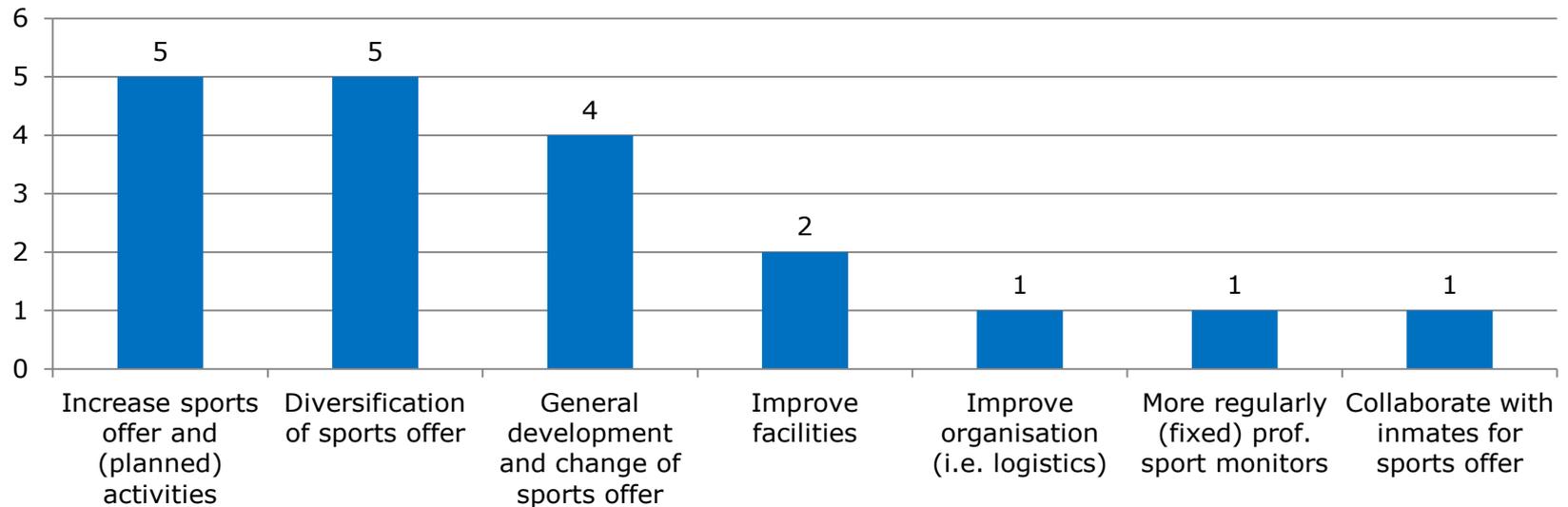
➤ Note: underlined answers were given the most by the respondents

Which evolution (n=16)	Why? (n=13)
More tolerant climate (higher tolerance level) and a decrease of revolt/aggression/strive (understanding and mutual acceptance and image) (8)	<u>Sport creates improved relationship between staff and inmates</u> ; sport creates improved physical health of inmates; sport creates improved mental health of inmates; pedagogical values of the (supervised) sport practice; new (specialised) staff
More diverse leisure-time offer (5)	New (specialised) staff; new sport policy plan; anticipate both sexes and ages; sport creates improved relationship between staff and inmates
More quality in sports offer (3)	New sport policy plan; new (specialised) staff
More (external) partners involved (3)	Ack. of the positive influence of sport; pedagogical values of the (supervised) sport practice
Better inmate physical health (3)	<u>Sport creates improved physical health of inmates</u> (e.g., fitness, activity, release energy)
Better inmate mental health (2)	<u>Sport creates improved mental health of inmates</u> (e.g. self-esteem, reduction of stress and hate)
More funding available	Ack. of the positive influence of sport
More hours (quantity) of sport	Ack. of the positive influence of sport
Better reinsertion due to improved climate	Sport creates improved relationship between staff and inmates; pedagogical values of the (supervised) sport practice

# 4. Findings: the sports offer

- **Intention of changes in near future?** (n=17)
  - Yes (15), no (2)

## Which changes? (n=14)



# 4. Findings: the sports offer

## • Table intention of changes

➤ Note: underlined answers were given the most by the respondents

Which intention of changes (n=14)	Why? (n=12)
Increase sport offer and (planned) activities (5)	Offer meaningful leisure-time; <u>offer more sport (quantity)</u> ; provide better staff working conditions; improve the environment of inmates; reflect the 'outside' SO; <u>improve the quality of the SO</u> ; provide inmate sport opportunity
General development and change of the sport offer (5)	Reflect the 'outside' SO; improve the environment of inmates; offer meaningful leisure-time; improve the quality of the SO
Collaborate with inmates for sports offer (4)	Improve the environment of inmates; offer meaningful leisure-time
Improve facilities (2)	Improve the environment of inmates; reflect the 'outside' SO; improve the environment of inmates; offer more sport (quantity)
Improve organisation (i.e. logistic improvement)	(missing)
Diversification of sport offer (i.e.. new initiatives)	Improve the quality of the SO; offer more sport (quantity); adapt to quickly changing needs; offer meaningful leisure-time
More regularly (fixed) professional sport monitors	Improve the quality of the SO; offer more sport (quantity)

# 4. Findings: the sports offer

## ❖ Summary for theme 'the sports offer' (1/3)

- **Sport** mainly **offered for** general health, normalisation conditions, improved social contact in prison and to provide meaningful leisure time to inmates
- Variety of **offered sports**, but 'top 10 offered sports' (with basketball, yoga/tai chi, rugby) differs slightly from 'top 10 popular sports among inmates' (with badminton, swimming, dance/zumba) according to the survey respondents. So the *offered sports* do, more or less, correspond with the *popular sports amongst inmates*. The main **reasons for offering** some sports more frequently are the popularity amongst inmates, the cost of activity and the degree of organisation. **Inmates like sports which** allow socialising (social function), working on the body and are guided (also a social aspect through the guidance and learning).
- **Organisational format is** usually 'guidance/supervision' or 'free access', and to lesser degree 'championships/tournaments'. **Choice for organisational format** depends mostly on amount of funding (more funding = more guidance and less 'free access') and objective (e.g., development skills and attitudes = more guidance; team spirit = championships/tournaments). **Inmates prefer** guided/coordinated training and championships/tournaments. So there is a difference in the offer and the demand

# 4. Findings: the sports offer

## ❖ Summary for theme 'the sports offer' (2/3)

- More than half (12/20) of the prisons indicated to **guide activities**, less than half say the guidance of activities is sports dependant (7/20). Sport technical training is mostly done by a qualified sport person or a prison officer trained as an instructor. 'Mere' supervision is mainly done by prison officer (in one prison this was done by the inmates)
- More than half (12/20) of prisons indicated that their sports offer is **not open to all**. Mainly 'excluded inmates' (bad behaviour), inmates from closed units (no contact allowed) and inmates with bad health (health reasons).
- Half (10/20) of the prisons indicated that they have **insight on which groups** participate. Amongst the underrepresented and overrepresented groups are variety of groups are given and no reference is made to ethnic cultural minorities.
- Half (11/20) of the prisons have **specific target groups** and no mentioning of ethnic cultural minorities. Almost all these prisons (10/20) indicate taking specific measures, mainly through offering special activities or adjustments (NB: the degree of success of measures will be discussed in the next theme)

# 4. Findings: the sports offer

## ❖ Summary for theme 'the sports offer' (3/3)

- Overall, there is the indication of an **increased** sports offer and staff.
- **Evolution** since the start of the sports offer is mainly towards a more tolerant climate and a decrease of revolt (because of the improved relation between staff and inmates), and in a lesser degree towards a more diverse leisure time offer, more quality in the sports offer and the involvement of more (external) partners
- Prisons intend to make **changes in the near future** mainly regarding the increase of the sports offer and (planned) activities, the diversification of the sports offer and a general development and change of the sports offer, primarily in order to improve the quality and quantity of the sports offer and offer meaningful leisure time

# 4. Findings: objectives

- **General objectives of the sports offer** (n=17)

General objectives sports offer (n=17)	# Arguments
Inmate health (general)	15
Pro-social behaviour enhancement	8
Normalisation conditions	7
Offer an outlet	4
Improve staff-inmate relation	3
Drugs prevention/reduction	2
Promote participation	2
Give inmates a voice in the organisation of the sports offer	2



Inmate health
Mental health (11)
Physical health (9)

Which specific objectives (n=3)	# Arguments
Meaningful pastime	2
Improve staff-inmate relation	1
Security (reducing conflicts)	1
Adjust the sports offer to the user	1
Normalisation	1
Physical health	1

# 4. Findings: objectives

- **How are objectives obtained?**

How are objectives obtained (n=15)	# Arguments
User driven organisation (e.g., according to their specific wishes and needs)	5
Promote participation in sport	4
Encourage inmates to join a club after release	4
Providing a wide-range sport offer	4
Work around pro-social enhancement	3
Provide 'normal' leisure time	2
Combine sport and non-sport activities	2
Employ professionals with strong group coaching and motivation skills	2
Contacts with sport people from the outside	1
Give an outlet through sport	1
To minimise security during sport	1
Demand an inmate sport expenses contribution	1
Creating inmate openness through sport	1
Organising a sport competition	1
Offer meaningful pastime	1
Sport technical adjustments	1
Employ qualified sport instructors and a coordinator	1
Hold partnerships with sport movements	1
Legislation	1

# 4. Findings: objectives

- **To what extent do you succeed?** (n=11)
  - High (9), low (0), varies (2); varies = 'varies across the inmates (they are all different)' or 'between men and women department'

If high success, which results (n=8)	# Arguments
Well-being improvement	9
Pro-social (inmate) behaviour	5
Increased participation	3
Improved general communication	2
Better/bigger leisure time offer	2
Increased satisfaction of inmates	2
Permissions to leave/transfer	1
Organisation of championships	1
New infrastructure	1
Support of 'external' partners	1



Well-being improvement
Less drug use (3)
Life quality improvement (2)
More structured/disciplined inmates
Self-esteem improvement
Physical improvement
A better prison atmosphere

# 4. Findings: objectives

- **How do you measure the objectives?**

How do you measure? (n=16)	# Arg.
Personal observation	11
Measuring the number of inmates involved	7
No specific measuring / indirect	4
Feedback from staff/instructors	3
Feedback from inmates	3
Cooper test (physical fitness)	1
Monitoring health lifestyle after release	1
Drug/doping tests	1
Measuring in collaboration with external partners	1
Measuring is difficult	1
Based on the improvement of the staff-inmate relation	1
Through the inmate sentence remission	1
Measuring the number of instructors	1



Personal observation, through
Inmate interest & enthusiasm in activities (4)
Inmate satisfaction (e.g., survey, talks) (3)
Inmate state of mind (2)
Experience and observation
Inmate level/incidents of aggression

## **Need more knowledge on how to measure objectives?**

(n=15)

- Yes (11), no (4)

# 4. Findings: objectives

## ❖ Summary for theme 'objectives, methods and strategies' (1/2)

- The most mentioned **general objectives** of the sports offer successively are inmate health (mental and physical), pro-social behaviour enhancement, offering normalisation conditions and providing an outlet to inmates
- Only a minority of the prisons (3/20) indicated having **specific objectives**, such as offering a meaningful pastime, improving the staff-inmate relation, security reasons (reducing conflicts) and adjusting the sports offer to the user (i.e. inmate)
- Next to a variety of strategies, the prisons mainly try to **obtain their objectives through** 'user driven organisation' (for various objectives), promoting participation in the sports offer (for inmate health, pro-social behaviour, offer an outlet), providing a wide-range sports offer (for normalisation conditions), encouraging inmates to join a sport club after release (for normalisation conditions) and by working on pro-social enhancement (for pro-social behaviour)

# 4. Findings: objectives

## ❖ Summary for theme 'objectives, methods and strategies' (2/2)

- Only half of the prisons (11/20) gave an answer to the question if they **succeeded in reaching their objectives**. Most of the prisons that did answer this question (9/11), indicated having a 'high' success. Their results mainly were well-being improvement (e.g., less drug use, more structured and disciplined inmates, self-esteem improvement), pro-social behaviour and an increased participation in the sports offer
- With regard to **measuring the objectives** of the sports offer, the prisons indicated measuring objectives through personal observation (i.e., inmate interest and enthusiasm, inmate state of mind, inmate satisfaction, experience, level of incidents), through measuring the number of participants (participation objective) and through (informal/formal) feedback from inmates and staff
- More than half of the prisons (11/20) indicated **to need more knowledge on how to measure** the objectives of the sports offer

# 4. Findings: staff and resources

- **Specific budget for SO?** (n=14)
  - Yes (8), no (6)
  - If yes, % of total budget (n=3; 5 missings)
    - 0.50% / 0.56% / 1.00%
- **Does the prison receive specific funds for SO?** (n=17)
  - Yes (9), no (8)
  - If yes, % of total budget (n=1; 8 missings)
    - 13% (n=1)
  - If yes, who gives these specific funds 
  - If yes, specific funds sufficient? (n=7)
    - Yes (0), no (7)

## Who gives specific funds? (n=9)

National government / administration (7)

Provincial / regional level (2)

NGO (3)

Relief fund (for the inmates)

# 4. Findings: staff and resources

## • What do you do with these specific funds?

### What do you do with funds? (n=7)

Guidance and sport monitors (4)

Infrastructure (3)

Equipment (3)

Projects

## • If no specific funds, do you need specific funds? (n=14; also prisons who answered 'missing' previously and prisons who said to receive SF)

- Yes (14), no (0)

### Why do you need specific funds? (n=14)

Equipment (7)

Activities (7)

Multi-courts / sport field (4)

Renewal or innovation (3)

Competition rewards (2)

Secure/coordinate SO (2)

Organise championships

# 4. Findings: staff and resources

- **Kinds of people (function) and tasks involved in the sports offer**

Functions of people involved (n=18)	# Arg.
Trained prison officer	13
Qual. sport monitors/referees	11
Prison officers (untrained)	10
Sport functionary/coordinator	6
Prison chief (mgt)	6
Psycho-social (care) team	5
Government staff (policy)	5
Inmates	3
Staff members (unspecified)	1

Tasks involved (n=19)	# Arg.
Informing, communicating and organising	18
Guidance during activities	18
Taking care of the equipment	7
Contact with external partners	5
Involving inmates in the process	4

- On average 11 people are involved in the sports offer (but depending: 1 → 28) (n=17)
- From multidisciplinary teams (majority) to 'sole' sport instructor

# 4. Findings: staff and resources

- **Specific competencies required of these people?** (n=20)
  - Yes (16), no (3), depends (1)
  - Depends: *“Generally, the employees assigned to the tasks have the competencies required. Basically, the employee is expected to have knowledge of the activity to be carried out. Additionally, special knowledge is required in some areas, such as anatomy, nutritional guidance and first aid. Of course, continuous further training and upgrading of knowledge are required.”*

If yes, to which extent do they have the competencies?

If yes, to what extent? (n=14)	# Arg.
Knowledge about the given sport/sport science	11
Higher studies on sport	8
Importance of interest and commitment	5
Knowledge about the organisation	1

If competencies are low, are there possibilities to increase? (n=8)

- Yes (8), no (0)

If yes, which possibilities? (n=5)	# Arg.
Courses or training	4
Specialised studies	3

# 4. Findings: staff and resources

## • Working with external partners? (n=20)

- Yes (16), no (4)

### Which external partners? (n=16)

Sport clubs (or halls) of nearby town or city (11)

External sport monitors (via organisation) (8)

NGO's (organise sport) (e.g., DRA) (8)

(Regional or provincial) Sport services (7)

Local (high) schools (i.e. juvenile prison) (2)

The Departmental Olympic committees (2)

The Departmental directorates of social cohesion

## • If not, why not working with external partners? (n=4; 1 missing and 1 'yes')

### Why not working with ext. partners? (n=4)

Large field of work

Lack of time for such work

Activities are offered inside the prison

Difficult because of maximum security prison (e.g., smuggling, contacts)

Inmates only stay short (structured leisure with externals not possible)

# 4. Findings: staff and resources

- **If not, would you like to work with external partners?** (n=10; 1 missing, 7 'yes')
  - Yes (10), no (0)

What prevents you? (n=7)
Security issues (e.g., can't leave prison, smuggling) (2)
Limited NGO's and/or facilities (2)
The process of starting up and establishing contact
Not enough volunteers
Financial situation

# 4. Findings: staff and resources

- **Inmates involved in the sports offer?** (n=19)
  - Yes (15), no (4)

## If yes, how are inmates involved? (n=15)

Committee or work groups (i.e. spokesmen) (10)

Choosing and planning sport activities (5)

Logistics support (5)

Establishing sport teams (4)

## If yes, why are inmates involved? (n=13)

Normalisation (conduct) and positive feelings (e.g. contact, cohesion, self esteem) (8)

Give inmates responsibility (educational principle) (6)

Apply inmate help, resources and knowledge (in the leisure time field) (4)

Give inmates influence (on their leisure time) (3)

# 4. Findings: staff and resources

## • If yes, can all inmates be involved? (n=14)

- Yes (9), no (5)

### If yes, who can be involved? (n=12)

All inmates (e.g., informal discussion, by rotation) (7)

Spokesmen for committee (elected) (5)

Inmates with good behaviour (2)

## • If yes, to what extent involvement of inmates successful? (n=12)

- High (12), low (0)

### If high, what were the results? (n=12)

Commitment, understanding and support (activities) (8)

Higher participation of inmates, lower drop-out (4)

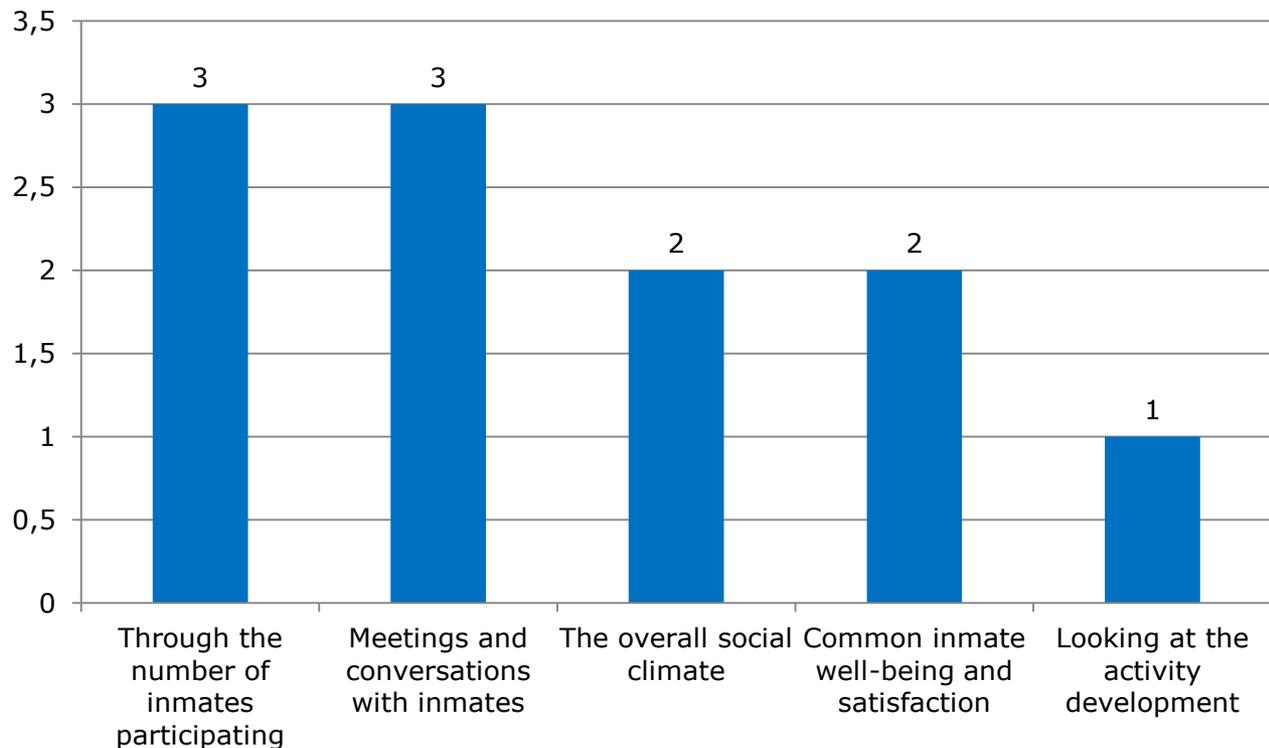
Pro-social behaviour (e.g., inmate-staff relationship) (4)

Smooth cooperation with inmates (2)

Development of competition among inmates

# 4. Findings: staff and resources

- **How do you determine this success?** (n=6; 7 missings, 2 who didn't answer previous q.)



# 4. Findings: staff and resources

- **Inmates involved in the sports offer?** (n=19)
  - Yes (15), no (4)
- **If not, why not involved?** (n=3; 1 missing)

Why are inmates not involved? (n=3)
Not in the penitentiary culture (to involve inmates) because of influencing factor
Never applied by the inmates
Due to short inmate incarceration period

Do you want inmates to be involved? (n=5)	# Arg.
Yes	1
No	3
Already partly involved, but looking for 'the' way to involve them	1

# 4. Findings: staff and resources

## • What kind of indoor infrastructure is available?

### Indoor sport infrastructure (n=20)

Multi sports hall / gymnasium (17/20)

Training or fitness centre (14/20)

'Meeting' or 'adapted' room (8/20)

➤ 'Meeting' or 'adapted' room:  
e.g., pool, darts, table tennis,  
relax, father-baby gym, yoga,  
keep fit)

## • What kind of outdoor infrastructure is available?

### Outdoor sport infrastructure (n=18)

Football field (10/18)

Courtyard (10/18)

Multi sports field (4/18)

Volleyball /badminton court (6/18)

Basketball court (4/18)

Green areas/running/jogging track (3/18)

Pétanque court (2/18)

Minigolf court (2/18)

(External) fishing lake (1/18)

Roads around prison (1/18)

Tennis court (1/18)

Fitness point (1/18)

# 4. Findings: staff and resources

- **Adequacy of infrastructure** (n=17)
  - Functionality: is the infrastructure used for one or more sports?
    - 80% of all offered sports take place in a multifunctional infrastructure
    - Outdoor infrastructure is more multifunctional than indoor infrastructure
  - Sport appropriateness: is the infrastructure sport appropriate?
    - For 32% of all offered sports the infrastructure is not sport appropriate
    - Outdoor infrastructure is more appropriate than indoor infrastructure
  - Condition of infrastructure: what is the condition of the infrastructure?
    - Good (for 41% of the offered sports) > basic (34%, idem) > bad (25%, idem)
    - Outdoor infrastructure better condition than indoor infrastructure
- **Available equipment**
  - (Minimal) equipment for every offered sport
  - Requisite equipment relative to the sports offer (n=10)
  - Equipment available but inadequate → old, insufficient, bad condition (n=7)

# 4. Findings: staff and resources

## ❖ Summary for theme 'staff and resources' (1/4)

- There is a variety of **people involved** in the sports offer. Besides mainly referring to trained prison officers, qualified sport monitors (and referees) but also quite a large proportion of (untrained) prison officers, a few prisons also mentioned involving inmates and external partners.
- With regard to **special competences**, the prisons successively stated knowledge about giving sport and sport science, higher sport studies and, to a lesser extent, the importance of interest and commitment and knowledge about the organisation. Eight prisons mentioned possibilities to increase certain competences (e.g., courses and specified studies).
- The **division of tasks** logically depends on the function of the person involved. Staff and management are mainly occupied with informing, communicating and organising while staff is also responsible for the guidance during activities. However, it was not clear if this also entails mere 'supervision'. A minority of the prisons (4/20) also mentioned involving inmates in the division of the tasks.

# 4. Findings: staff and resources

## ❖ Summary for theme 'staff and resources' (2/4)

- When questioning the division of tasks (see finding on previous slide), the involvement of inmates was hardly mentioned (4/20). **However**, from the below, it seems that most prisons do activate inmates in the organisation of the sports offer.
- The majority of the prisons (15/20) **involves inmates in the organisation** of the sports offer through a committee or working group and also through organisational tasks. Prisons mainly involve (elected) spokesmen for commissions or inmates that show good behaviour. Less than half of the prisons indicated involving all inmates in the organisation of the sports offer (i.e. by rotation or informal discussions). These prisons (15/20) indicated **involving inmates because** it provides normalisation conditions, positive feelings (e.g., contact, self-esteem) and responsibility for inmates, next to the fact that it gives them influence and it allows staff applying their help and knowledge. More than half of the prisons (12/20) indicated 'high' **successes** of inmate involvement, such as commitment, understanding and support, a higher participation and pro-social behaviour (e.g., inmate-staff relation) based on measurement (6/20) through the number of inmates participating in the sports offer or through meetings and conversations with inmates. The few prisons (4/20) not involving inmates in the organisation of the sports offer referred to the fact that it is not in the penitentiary culture, it is never applied by inmates or due to the short inmate incarceration.

# 4. Findings: staff and resources

## ❖ Summary for theme 'staff and resources' (3/4)

- Most of the prisons (16/20) indicated **working with external partners**, such as sport clubs or halls, external sport monitors, NGO's and regional or provincial sport services in succession. Prisons who indicated not to work with external partners (4/20) mentioned lack of time, the fact that (most) activities take place inside the prison, the specificity maximum security prison (e.g., security issues, smuggling drugs, inmates can not leave), the short stay of some prisoners and the limited NGO's or facilities as reasons for not collaborating with external partners. However, half of the prisons (10/20), including the four prisons not collaborating with external partners, emphasised their **willingness to work with external partners**.
- With regard to the **infrastructure**, both indoor infrastructure (e.g., multi sports hall or gymnasium, training or fitness centre, 'meeting' or adapted room) and outdoor infrastructure (e.g., football field, courtyard, multi sports field) seem to be available. However, when looking at the **adequacy** of this infrastructure (i.e., appropriateness, condition) is not always optimal. With regard to functionality, 80% of all offered sports take place in a multifunctional infrastructure. Finally, the outdoor infrastructure has a higher adequacy on all three parameters than the indoor infrastructure

# 4. Findings: staff and resources

## ❖ Summary for theme 'staff and resources' (4/4)

- The **available equipment** corresponds to the sports that are offered. While half of the prisons (10/20) mentioned that the requisite equipment is indeed related to the sports offer, (others) prisons (11/20) also indicated that the equipment is often old, insufficient and in bad condition.
- Less than half of the prisons (9/20) indicated receiving **special funds** successively from national governments or administrations, NGO's, provinces (regions) and one prison mentioned a 'relief fund'. All prisons answering the question on the sufficiency of the funding (14/20) indicated that the funds are not sufficient and more funding is needed for guidance and sport monitors, infrastructure and equipment. This finding is later confirmed among the statements regarding the needs of the prisons

# 4. Findings: evaluation

- **Do you feel that the SO is valued by other staff?** (n=19)
  - Yes (10), no (3), mixed opinions (6)
- **If valued by other staff, why?** (n=11; 7 'yes', 4 'mixed opinions')

Valued by staff, why (n=11)	# Arg.
Creates peace and calmness (safety)	6
Staff's positive feedback (unspecified)	4
Inmates can take part in leisure	2
Inmate satisfaction/interest	1
Staff acknowledges importance	1
Inmate health benefits	1

- **If not valued by other staff, why?** (n=9; 3 'no', 6 'mixed opinion')

If not valued buy other staff, why (n=9)	# Arg.
Sport is additional and difficult work	5
Conservative 'narrow imprisonment' vision	3
Higher non-sport priorities for staff allocation	2
'Us-and-them' culture prevents inmate and staff doing activities	1
Sport activities as too restrictive	1

# 4. Findings: evaluation

- **Do you feel that the SO is valued by inmates?** (n=18)
  - Yes (17), no (0); one prison answered: *"depends on the interest and athleticism of the inmate."*
- **Do you have specific needs regarding the SO?** (n=13)

Specific needs regarding SO (n=13)	# Arguments
Investment in sports equipment	9
Investment in sports infrastructure (and establishments)	8
Funding (an improved financial situation)	7
Recourses for staff (guidance, help, qualified instructors, etc.)	5
Easier access to drug tests (e.g., anabolic steroids)	1
A separate unit for the sports offer	1
Revision of social agreement for staff within prisons	1
Devote more time to sports within the schedules	1
Knowledge and professional development	1
More resources (and time) for measuring	1

# 4. Findings: evaluation

## ❖ Summary for theme 'evaluation' (1/1)

- Half of the prisons (10/20) stated that the sports offer is **valued by other staff** because of the creation of peace and calmness (safety aspect) and the fact that staff give positive feedback. However, six of them mentioned that 'mixed opinions' exist among the staff and another three prisons indicated that the sports offer is not valued by staff. This is mainly the case because to this staff sport is additional and extra work, there is a conservative 'narrow' imprisonment vision present or there are higher non-sport priorities for staff allocation
- Almost every prison indicated that the sports offer is **valued by the inmates** while one prison mentioned that it depends on the interest and the athleticism of the prisoner
- **Special needs** formulated by the prisons are all related to funding aspects, more precisely with regards to investment in sports equipment, infrastructure and staff. One prison also mentioned the need for resources for measuring objectives of the sports offer

# 4. Findings: 2 case studies

## 'Summer Games' at Hoogstraten prison (Belgium) (1/3)

- Since 2010, during the relatively activity-shy summer period, the '**Summer Games**' are held at Hoogstraten prison. The *Summer Games*, which are spread over several days, are organised by the inmates themselves. The **objective** of the *Summer Games* is to actively involve inmates in the organisation. It is expected that through the organisation of the *Games*, the inmates become more involved and motivated within the prison life. This is assumed to result in lower drop-out rates from both sport and non-sport activities (e.g., hygiene courses or sport nutrition courses). Allowing inmates to organise the *Summer Games* and take up responsibility, also gives them the opportunity to develop certain competencies and skills, such as working together, organising and listening to others (i.e. meeting skills). In principle, **every inmate** can sign in for the *Summer Games*. The Games are very successful with around 140 participants from 170 inmates who are all in for sport activities. The '**games**' being offered are diverse, from mini football, basketball, volleyball, athletics, baseball and survival track to also more ludicrous (folklore) sports, such as sack-racing, nail knocking, car pushing, rodeo, balloon shooting and tin toppling.
- A '**core group**' of around 20 inmates and the so-called '*sport fatik*', are the driving force behind the organisation of the *Summer Games*. Although the Summer Games exist since 2010, the concept of working with an inmate 'core group' was already established in the 1970's, based on the so-called 'Scouting principle'.

# 4. Findings: 2 case studies

## 'Summer Games' at Hoogstraten prison (Belgium) (2/3)

- Under the concept the 'Scouting principle' reintegration, rehabilitation and recovery towards others (i.e. other inmates, victims, broader society) are the central ideas. The ***sport fatik*** is the head responsible of the inmates regarding the prison's sports offer and is an important voice for the inmates towards the management. He is selected by the management, in consultation with the penitentiary worker, based on the ability, responsibility and motivation to organise and the authority towards others. The *core group* and the *sport fatik* decide how the *Games* will be designed and what additional materials are needed for certain games and sports. Because of the relatively small budget the *core group* receives for the organisation of the *Games*, the **inmates are 'forced' to apply their creativity** for the development of the *Games*. In addition, to break the routine, the inmates also try to offer sports activities that are not included in the regular daily sports offer.
- The organisational process of the *Games* is directed and followed up by **three consultation groups** who maintain a good communication: the '*work group sport*' (i.e. strategic level), the '*sport consultation*' (i.e. operational level) and the '*core group consultation*' (i.e. separate, cross-domain topics, such as the *Summer Games* and also individual suggestions). The *sport fatik* is the 'signboard' of the inmates in relation to sports matters and discusses the demands and the proposals of the inmates within the '*sport consultation*'.

# 4. Findings: 2 case studies

## 'Summer Games' at Hoogstraten prison (Belgium) (3/3)

- To date, **no 'external' partners** are involved. It is however the intention of the prison to work more closely with local sport clubs and sport monitors. In the *work group sport*, the organisation of the *Summer Games* (and the sports offer in general) is discussed and evaluated in consultation with the *sport fatik*. The sport coordinator provides the *core group* and *sport fatik* with documentation (e.g., catalogue, brochure) or ideas regarding the lending of material.
- The year **budget** of the *Summer Games* revolves around €500. This budget is part of the year budget for sport of the prison (€3,000), which includes the grants from the Ministry of Justice, the city of Hoogstraten (i.e. sports council) and The Red Anthracite that support the prison's leisure time offer. There is also a relief fund from the prisoners themselves, which exist of the prison profits on selling goods or services to inmates, such as cigarettes, extra fruit, rent of television. Private sponsoring is difficult because inmates are not seen as an easy 'marketing' group.

# 4. Findings: 2 case studies

## 'KOSMOS project' at Kaershovedgård prison (Denmark) (1/3)

- The *KOSMOS* project was started up in 2010 and engages a group of 15 inmates in a six-week programme. In the project, inmates are offered a **meaningful pastime** (e.g., cooking, sports, leisure) and the opportunity to develop a healthy lifestyle. The six-week time period is partly determined by the relatively short inmate prison stay which is at maximum 60 days. The *KOSMOS* project aims to **ease the transition** for inmates to society as much as possible. Moreover, after six to eight months following the release, the prison staff contacts the former prisoners that have previously indicated their willingness to be monitored (i.e. regarding their situation, their healthy lifestyle and sports activities). The annual **budget** of the *KOSMOS* project is 250.000 DK (about €33.000), supplied by the TRYG Foundation (yearly request). In total, three project leaders are working on the programme.
- The *KOSMOS* project is **targeted at younger inmates**, preferable those with an addiction problem, with ADHD or inmates who are hard to interest for other workshops due to motivational problems under the existing (regular) occupation scheme.
- Many amongst them are of **foreign background** and are often lacking motivation to take up responsibilities or have never had a professional job on 'the outside'. However, according to the project leaders, although motivating inmates for activities is hard, sports are an ideal means to activate inmates inside the prison life since most of them love to participate in sport.

# 4. Findings: 2 case studies

## 'KOSMOS project' at Kaershovedgård prison (Denmark) (2/3)

- The **central element** of the *KOSMOS* project is the close social contact between staff and inmates for which reason staff members are always present in connection with (sports) activities. The staff has a socialising role: by showing respect and talking to the inmates face-to-face, inmates can be relieved of certain harms and frustrations. The 'rules of conduct' also demand that inmates are kind to each other and keep calm during training sessions (i.e. avoid conflicts).
- The *KOSMOS* project is a **diverse programme**. Inmates are occupied in sports activities but can also engage in cooking (e.g., lunch and dinner preparation), watch movies, etc. Sports are running, boxing, cycling, spinning, volleyball, football, bowling, fitness and swimming.
- According to the staff, the *KOSMOS* project gives inmates to chance to 'get a taste' of daily life which facilitates the later transition to society. Since Christmas 2011, inmates will also have to live together for six weeks with other inmates which is believed to increase social competences.
- **By providing sports activities** and offering inmates the chance to pursue a healthier lifestyle before release, it is assumed that the *KOSMOS* project makes inmate more aware of the fact that an active lifestyle will influence and change their health, self-perception and self-confidence in a positive way.

# 4. Findings: 2 case studies

## 'KOSMOS project' at Kaershovedgård prison (Denmark) (3/3)

- **According to the project leaders**, the inmate's feeling of self-worth improves, the number of inmates staying in their units during the day has reduced, more inmates have indicated that they have stopped using euphoricants (i.e. hashish) and their social competencies are considerably strengthened and developed (i.e. appearing on time, call in sick only very seldom or not at all).
- Besides, through the *KOSMOS* project, **the prison has also got the professional and social interest** of strengthening contacts between staff and inmates to improve the dynamic security and the general climate to the benefit of the psychological working environment. It is expected that by doing sports, inmates can lose their excessive energy and reduce tensions and frustrations which results in a much more peaceful atmosphere.
- In the organisation of the *KOSMOS* project, there are **no external partners** involved. However, if the financial situation would allow it, the prison would like to set up cooperation with an addiction therapist, a psychologist and an anger management coach. **The project does involve** an internal social worker (e.g., give social assistance) and a consulante (e.g., provide help with addiction problems). The inmates themselves are limitedly involved in the organisation of the *KOSMOS* project. In this perspective, they are (only) obliged to help one another to set up the equipment and store it again after finishing the activity. Some inmates are also helping out in the non-sport activities (e.g., cooking, preparation of meals/dinner).

# 5. Recommendations

## **Recommendations 'Prisoners on the Move'**

3 topics:

- 1) Policy determination
- 2) Policy implementation
- 3) Knowledge and evaluation

# 5. Recommendations

## 1) Policy determination

- Recognise the fact that the **added value** of sport in relation to the penitentiary system can go beyond physical health improvement, such as towards social inclusion, personal and social development, ... . Be however aware that this added value will **not** be **unconditional**.

*(national/regional/local level)*

- Develop a long-term **vision** regarding the position and use of sport as a means of social inclusion and development within a general penitentiary policy on national, regional and prison level. Determine and involve relevant **stakeholders** into this process.

*(national/regional/local level)*

- Develop a **strategic policy plan** regarding the use of sport as a means of social inclusion and development with **clear and measurable objectives** based on this vision. Involve the relevant **stakeholders** into this process.

*(national/regional/local level)*

# 5. Recommendations

## 2) Policy implementation (1/2)

### ➤ **Sport programs**

- Enable **flexible and creative program designs** that will allow for optimal personal and social developmental opportunities and that are adjusted to the specific prison context (in terms of available staff and infrastructure, inmate types and preferences, security measures, etc.).

*(local level)*

### ➤ **Organisation**

- Provide the opportunity for the anchoring of a **sport responsible** for each prison and facilitate the availability of one or more **sport guiding staff**.

*(local level)*

- Stimulate specific **competence building** of prison sport staff through the organisation of **formation programs** focussing on the use of sport as a means of personal and social development.

*(national/regional level)*

# 5. Recommendations

## 2) Policy implementation (2/2)

### ➤ (Organisation)

- Establish **complementary and mutually reinforcing partnerships** with partners from relevant policy domains (e.g., sport, health, welfare, education, employment) and on different levels (e.g., European, national, regional and on prison level) to stimulate a multi-actor approach with clearly defined distribution of tasks and responsibilities, as well as surplus value for each partner.  
*(European/national/regional/local level)*
- Encourage **active involvement of inmates** in the planning, organisation, guiding and evaluation of sport programs (e.g., enable developmental opportunities in coaching, refereeing, volunteering, etc.).  
*(local level)*
- Make sure that **other prison staff members** are informed and aware of the potential value of sport within the prison setting.  
*(local level)*

# 5. Recommendations

## 3) Knowledge and evaluation (1/2)

- Stimulate **knowledge exchange and development** regarding the use of sport as a means of social inclusion and development in a prison setting.
  - Establish a **knowledge and expertise centre** that can provide support and inspiration to governing bodies, NGO's working with prisons and to local prison settings.  
*(national level)*
  - Analyse and disseminate **best practices**.  
*(European/national/regional/local level)*
  - Set up (learning) **networks** involving both sport and non-sport related structures and actors.  
*(national/regional)*

# 5. Recommendations

## 3) Knowledge and evaluation (2/2)

- Include **systematic and objective monitoring and evaluation** as an essential part of the (sport) policy / sports programme implementation
  - Explore the development of **appropriate tools** to systematically monitor and evaluate the effects of the intended objectives regarding the use of sport in a prison setting (based on clearly defined process and outcome indicators)

# Limitations

- **Limitations of the research 'Prisoners on the Move!'**
  - Research sample largely dependent on the actual availability and willingness of prisons to be included in the study
  - Small respondent sample of 20 prisons
  - Only prison staff involved in the organisation of the sports offer were questioned; no prisoners were questioned
  - As most of the existing (positivistic) research in relation to the collection of data on attitudes, behaviours, opinions and beliefs of respondents, this study has also relied on self-reports of those directly involved

# 'Prisoners on the Move!'

- **'Prisoners on the Move! Move into sport, move through sport!'**.  
De Rode Antraciet vzw (DRA - The Red Anthracite)

➤ <http://www.prisonersonthemove.eu/>

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