

Final report

“Prisoners on the move!”

EAC SPORT PREPARATORY ACTION - EAC-22-2010-033

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Foreword

Gunter Gehre, President of De Rode Antraciet vzw

Eva Vonck, Vice-President of De Rode Antraciet vzw

“We are proud to present here the final report of the European pilot project ‘Prisoners on the move’. It started in January 2011 and ended the 30th of June 2012. Financially it was supported by the Directorate-General Education and Culture of the European Commission.

‘De Rode Antraciet vzw’ coordinated this project involving partners from six different EU Member States in order to investigate how inclusion of inmates can be enhanced through sports.

This project was one out of five pilot projects aiming at exploring the opportunities and possibilities sport can offer to promote and enhance inclusion and social cohesion. The fact that sport is receiving European support is a relatively new phenomenon. Indeed, sport has been mentioned for the first time in the Lisbon Treaty that took effect from December 2009. The Treaty stipulates that the EU can undertake action in the policy area of sport. The five pilot projects are considered as preparatory activities. The future European Sports Agenda will build upon the conclusions and recommendations of these five projects.

It is quite remarkable that the Rode Antraciet was given the opportunity to coordinate one of these projects. It’s remarkable because De Rode Antraciet is an NGO of practitioners, organizing sport- and cultural-activities in prisons.

Since 2004, De Rode Antraciet is the regular partner of the Flemish government and of the federal Ministry of Justice with regards to promoting the sports and socio-cultural participation of detainees. Its work is part of the Flemish Strategic Plan for Support and Service provision for detainees. One of the starting points of this plan is that also citizens in prisons have the right to access sports and culture. Those who end up in prison, sometimes in a remand prison, are often obliged to stay most of their time in a prison cell. In this context it is of outmost importance to be able to have sports and physical exercise, to enhance prospects for a successful re-integration into society. Thanks to this project De Rode Antraciet and his partners could make links to academia (universities in Valencia, Brussels and Liverpool), in order to substantiate certain intuitions we developed through our practices. And of course to make a link to policymakers!

The project ‘Prisoners on the move’ explored the opportunities and possibilities sport and physical exercise can acquire within prison walls. The findings of the project assert that participation of detainees in sports activities indeed creates opportunities to develop specific competences, skills and knowledge. I hope that the EU will take advantage of the conclusions and recommendations formulated in this final report.”

Gunter Gehre,
chairman De Rode Antraciet vzw



Eva Vonck,
Vice-chairman De Rode Antraciet vzw



Introduction to the report

The following document is a synthesis that will guide you through the process of making founded recommendations to stakeholders and policy makers, involved in the theme 'sports and detention'.

Several studies were conducted by core partners in close collaboration with all partners, within the project . This report intends to bring all information together in a slim and readable version, with the goal to argument the recommendations at the end of the document.

Within this report, references will indicate in which specific study you can find the extended information of the facts, figures and sources of the information. For this extended version of the final report, we have all documents and declarations in attachment (references to each attachment are mentioned in this report).

All literature references are enclosed at the end of each separate attachment.

All full studies are separately available on the project website:

www.prisonersonthemove.eu



CHAPTER 1: Description of the project and cooperating partners

1. Description of the project

The project '*Prisoners on the move. Move into sport, move through sport!*' is situated within the prison sector. Prisoners are (temporary) excluded from society because of their sentence. Yet, every prisoner preserves the right to education, culture, healthcare, well-being, work and sport. Therefore it's important that there is an aid and service offered to prisoners. In spite of the fact that the sports sector has taken big steps forward in its social functions in the last decennium, prisoners remain within the 'Sport for All-policy' mostly out of the picture. The prison sector itself has insufficient expertise to develop a qualitative and accessible sports offer in each prison. This is a cross-sectoral responsibility starting from a strong cooperation between the prison and sports sector.

Give prisoners chances... to move into sport!

In Europe, the detention policy is a human and recovery oriented policy that aims to prepare prisoners as good as possible to a successful return to society. This is not simple. Most of the prisoners have a difficult personal history and often carry negative experiences. Many are also vulnerable when it comes to education, employment, housing and social networks. Often, they have an arrears from which they must try to retake their position into society. This is in particular applicable to those belonging to ethnic minority groups who are over-represented in European prisons. In some EU countries they represent up to 50% and more. In particular in the male age group 18-30 years and the women we see a strong increase.

Often, sport is one of the last areas where an important group of prisoners can identify themselves in a positive way. They have a link with a sport, sport club,...

Sport is universal and language is not required. This makes sport accessible to a heterogeneous group of prisoners and provides an interesting medium to set up programs around social inclusion. Sport is a "laboratory" where prisoners can practice social and other (organisational, administrative,...) skills which are useful for a return to society. At the moment there is, in the sport and prison sector, a lack of evidence-based programs to exploit these opportunities more strongly.

Give prisoners chances... to move through sport!

2. Specific objectives

The project '*Prisoners on the move. Move into sport, move through sport!*' aims at:

- [1] strengthening networking between cross-sectional organisations/services and providing an (inter)national platform for future actions;
- [2] collecting, sharing and analysing sport programmes and social inclusion in the field of sport and detention;
- [3] examining methodologies and strategies which build up the social competence of prisoners through sport;
- [4] facilitating the cooperation between the field of sport and detention to set up common sport initiatives at all levels;
- [5] making informed recommendations to decision makers and preparing future actions in the field of sport and detention.

Commentary: the meaning of sport in detention is multi-purpose: entertainment, dispersal, social meeting, health, catharsis,... The meaning and the positive impact attributed to sport is mostly related to short term effects. The positive impact of sport in the long term is less clear. The project wants to explore how sport can reinforce the chances of social inclusion of prisoners returning to society? This question forms the basis of a study to define strategies and methodologies that can be incorporated in sports programs.

Building onto this, we want to look more specifically at how we can use sports ethics, fair play, solidarity, integrity, handling winning and losing, respect for the antagonist, etc, in the training of the social skills of prisoners. Social skills that are used in several areas: work, education, family...

3. Cooperating partners

Applicant: De Rode Antraciet

De Rode Antraciet (Belgium)

De Rode Antraciet (The Red Anthracite) is a non-profit organisation for sport and socio-cultural work within the prison sector in Flanders and Brussels. De Rode Antraciet is a partner organisation of the 'Flemish Strategic Plan for prisoners' of the Flemish government .

Its work is respectively based on the Sports for All (*'sport' pillar*) and socio-cultural methodologies (*'culture' pillar and 'learning courses' pillar*), aiming at prisoners and their direct environment, at any person confronted with penal proceedings and at people working and living in penitentiary surroundings.

Starting from each and every person's dignity, possibilities and sense of responsibility, De Rode Antraciet has developed its own educational package, varied and specialised, and we also try to enhance the sport and cultural sector's presence in the penitentiary world in (Flanders and Brussels - in 2012 De Rode Antraciet is active in 18 local prisons).

In this way De Rode Antraciet activates processes of personal growth that multiply the chances of social re- integration, and through our methodologies we have our share in humanising the penitentiary context.

Core partners

Sport and Citizenship (France)

Sport and citizenship is the first European think tank in the field of sport. It is a forum for new thinking and lobbying which aims at putting forward the core values of sport in society, in the realm of politics, economics and media issues.

Sports for Solidarity (UK)

Sport for Solidarity (S4S) is a non-profit organisation dedicated to fighting injustice inside and outside of sport. S4S uses social action, film, and sport for change that lasts. Sport for Solidarity's approach to protecting people's human rights around the world is grounded in Solidarity. As an organisation we strive to re-ignite the activist orientation back into the culture of sport. The pivotal role that sport now plays in our society gives us an amazing opportunity to raise awareness of political and human rights' issues happening inside and outside sport.

Universitat de València Estudi General (Spain)

UVEG is active in the field of sport and physical education since it offers several degrees related to those areas (e.g. Physical Activity and Sport Sciences), post-graduate studies (e.g. Master in Physical Education, Master in Secondary Education, Master in research and Intervention in Physical Activity and Sport Sciences) and doctorates (e.g. Physical Activity and Sport Sciences, and Physical Education Didactics).

Ministry of Justice - Prisons and Probation service (Denmark)

The mission of the Prison and Probation service is to contribute to reducing crime. The primary task of the Prison and Probation Service is to enforce sanctions: a) prison sentences served in state and local prisons, b) supervision activities in connection with release on parole and suspended sentences, including community service orders and electronic tagging, undertaken by the probation service.

In terms of the spare time of the prisoners, the Prison and Probation Service, among others, facilitate a range of different sport activities.

Centrul Roman Pentru Educatie Si Dezvoltare Umana

C.R.E.D. is a Romanian non-governmental organization created to support human development through education. C.R.E.D. offers socially excluded individuals, especially prisoners or ex-prisoners, a way to break away from the marginalized situation through maximal valorization of the development potential of both persons and communities. Some of C.R.E.D.'s most important objectives are: to sustain scholar, family and professional integration of prisoners and Primary and secondary prevention of juvenile delinquency. C.R.E.D.'s activity is focused on the insertion on the labour market of prisoners after their release. Prisoners are socially excluded individuals after they are released from prison, and the thing they need most is a place to work in order to support themselves and their families.

Supporting partners in Belgium

Federal Justice Department

The Directorate- general is responsible for a rule-based, safe and humane execution of punishments and measures for deprivation of liberty; has an advisory role on penitentiary aspects; ensures a purposeful management *of each entity within its jurisdiction. This mission is accomplished within the spirit of a restorative Justice.*

Internationaal Centrum voor ethiek in de sport

The aim of ICES is:

- to stimulate the broad sport world to a larger ethical awareness;
- to promote the positive values of sport participation;
- to bring experts in ethics together;
- to organize symposia and workshops;
- to offer practical tools as an example and for the support for the practice.

Agentschap voor de Bevordering van de Lichamelijke Ontwikkeling, de Sport en de openluchtrecreatie (BLOSO)

BLOSO is the sport administration of the Flemish government. BLOSO subsidizes the Flemish sport federations and the regional local governments for their Sport for All-policy.

BLOSO has 13 sports centres and organizes sport camps for the Flemish youth. Another task of BLOSO is promoting sport among the Flemish people.

Finally, BLOSO is responsible for the Flemish Institute for Sport Coaching.

FROS Amateursportfederatie

FROS Amateursportfederatie is a recreative multisport association. FROS counts 39.000 individual members, grouped in 600 member clubs. FROS has three multisport clubs in respectively the local prisons of Ghent, Oudenaare and Dendermonde.

FROS is, within the organised sports sector, a pioneer in the field of sport and detention. As one of the biggest multisport associations in Flanders, FROS asks at regular times attention for sport and detention within the Flemish sport for all policy.

Open Stadion

Open Stadium: "Be more than a club": that's the guiding principle of Open Stadion. Football clubs in the first and second Belgian division bring many people together and generate emotions, and Open Stadion encourages the clubs to use this energy for the benefit of the society. In other words, to let their stadium be more than just a sports infrastructure and to exert their influence as more than just a sports club.

Open Stadion focuses on three activity categories:

1. expertise centre: advice to clubs, their local partners and other groups;
2. setting up theme-related partnerships;
3. project initiatives: acquiring funds, organising appeals and following them up.

Partner ad extra

Ministerie van Veiligheid en Justitie – Dienst Justitiële Inrichtingen (The Netherlands)

Though the Justice Department from The Netherlands was no 'core partner', they were a big help during the project. We contacted them for getting extra input from more prisons and countries (namely in The Netherlands). Information from all Dutch prisons and the National Secretary is retrievable from all the study material we collected.

We sincerely want to thank all the Dutch persons that helped us conduct a thorough study. Special thanks to mr. Bas Nieuwenhof, Jeroen Dijkman and Frans Munsterman.

4. Meetings

Meetings with Project Partners

Belgium: meeting in Leuven (14-17 February 2011)

The meeting in Belgium was the first practical start of the project. All partners, core partners and supporting partners, attended this meeting. Together we set out the final lines for making this project work.

During these 4 days, we visited both prisons of Leuven and organized 11 workshops. Topics of each workshop are written down in the list below.



1. Tips and tricks for EU projects - *Renilde Reynders (Epos)*
2. Network analysis & stakeholders analysis – *Kris De Coorde (FROS)*
3. Development and implementation of a reflection and evaluation instrument for optimizing 'sport-plus' initiatives for prisoners – *Marc Theeboom (Vrije Universiteit Brussel)*
4. Collecting, analyzing and sharing good practices (long-term methodologies and strategies 'social inclusion in and through sport') – *Jose Devis (Universidad de Valencia)*
5. Open Stadion, community based work – *Guido Poppelier & football club OHL (Open Stadion)*
6. Presentation sport in detention in Flanders – *De Rode Antraciet*
Prospect and expectations about the project website
7. Awareness campaign for the broad field of sport – *Carl Knight & Joe Ruddock (Sport 4 Solidarity)*
8. Introduction to the European project - *Bart Ooijen (DG Education and Culture)*
9. Conceptual framework to build up social competences through sport – *Eva Vonck (VTS)*
10. Diversity and interculturality – *Marijke Cornelis (Flemish Minority Centre)*
11. Participation of / cooperation with prisoners in sports programs: Good practices – *Patrick Maessen (Leuven Centraal, Belgium) & Kuno Herman Lund Hansen (Prison and probation Denmark)*

Spain: meeting in Valencia (6-9 June 2011)

Seven workshops were developed in Valencia during four days of this meeting:

1. "Prisoners on the move: work in progress"
2. "From 'sporting criminal' to 'sporting citizen'"
3. "European good practices in sport and immigration"
4. "Social inclusion by NGO's in Spain"
5. "Prison sport organisation"
6. "Physical activity in a Spanish prison"
7. "Conclusions and to do's"



The first and the last workshops were devoted to the situation and future directions of the 'Prisoners on the move' project. One workshop focused on the concept of 'good practices' and its usage in a European project on sport and immigration in order to get ideas to be applied in the field of sport and physical activity in prison. Two other workshops were addressed to the inmates' social inclusion with prisoners through the experience of a Non-Government Organization from Valencia (AVAPE) and a narrative research developed to understand the role of sport and exercise in the social inclusion of prisoners from United Kingdom presented by Andrew Sparkes from Liverpool John Moore University.

The other two workshops were developed in Valencia prison that was visited by the 'Prisoners on the move' partners and other invited people from Valencia institutions of sport and universities. One workshop focused on the organization of the penitentiary system in Spain and some data from Spanish prisons and prisoners. It was presented by the Valencia prison staff that was also in charge of the guided tour around the prison facilities. The other workshop was the presentation of an ethnographic study developed by UVEG partners in a previous research to know the meanings of sport and physical activity in a Spanish prison.

Denmark (Copenhagen, 3 – 6 October 2011)

At the meeting in Copenhagen we had six different workshops – half of them focusing specifically on the work in the project, the other half focusing on giving inspiration to the field of sport and social inclusion from a Danish context.

The main issues discussed in the workshops related to the specific work in the project were the draft to the second questionnaire from the University of Valencia and the documentary Free To Play, which was shown to all the partners for the first time.



The other workshops included a visit to the biggest detention centre in Denmark, where the staff told us about a cell training project which gives the remand prisoners the possibility to work out in their cell with the help of a training DVD, a bench and a heart rate monitor. Another workshop was about user driven innovation and how this can be used in sport in prison, and finally we paid a visit to an open prison, seeing their sport facilities and having a match of hockey with a group of inmates.

Romania (Bucharest, 13-16 February 2012)

The fourth meeting of the project took place in Bucharest, Romania, and we approached the following issues:

- Dr. Mihaela Puscas – in depth presentation of the prison system, the changes that appeared regarding sports in prison and other educational programs developed in Romanian prisons.
- Visit to Gaesti Re-education Centre where we met the director of the Re-education Centre, the director of the school and the sports monitor responsible for sports activities.
- Specific topics regarding the project discussed among the partners: recommendations and future plans.
- Update of the three researches: VUB, FROS, University of Valencia.
- Plans, recommendations and discussions about the final meeting in Paris.



In addition to these activities related directly to the activities of the project, we also organized a short cultural activity, in order for the participants to get acquainted with the Romanian culture and Life style.

France (Paris, 12-15 June 2012)

The meeting in Paris with all project partners was mainly focused on finalizing the project 'prisoners on the move' and bringing all information together.

- All details for the different studies (FROS, university of Valencia, Vrije Universiteit Brussel, Sport and Citizenship)
- All recommendations
- Practical and administrative issues were tackled



Next to the practical work, two workshops on good practices and initiatives in the field of social inclusion through sports in the prisons of France were brought to us by:

- Philippe Nicolino (Union Nationale Sportive Leo Lagrange)
- Christine Loehle (Université de Strasbourg, STAPS)

On Friday 15th June a public conference was organised around **'Making sport a real tool for prisoners' social inclusion'**, at Paris Sorbonne 3 University (cf. *Chapter 5* of this report). Within this conference the main attention went to gathering (specifically invited) actors, showing the documentary 'Free to Play' and interaction with a panel of specialists (European Commission, Justice Department of France and Belgium, Sports Ministry from Flanders and the private sector represented by 'La Française des jeux'). The more than 50 participants gave the project members positive feedback for this first gathering of involved professionals.

CHAPTER 2: Analysis of key elements of our theme

1. Theoretical framework ‘Social inclusion, sport and the prison’

Social inclusion refers to a variety of issues regarding poverty, social injustices and inequality, issues that would appear to be universal and prevalent in all societies (Bailey, 2008). The converse of social inclusion is social exclusion. Social exclusion can take different forms, such as lack of access to power, knowledge, services, facilities, choice and opportunity (Long et al., 2002). Other definitions draw much more attention to the processes of exclusion rather than only the result of exclusion. In line with this viewpoint, measures taken to reduce indicators of exclusion (i.e. in health, education, employment) will not necessarily succeed in encouraging inclusion if these measures fail to tackle the processes of exclusion (Bailey, 2008).

In literature, different but often (partly) overlapping conceptualisations of social inclusion can be found. The conceptualisation of social inclusion by **Engbersen and Gabriëls** (1995) provides us with a frame to study social inclusion. These authors describe social inclusion as having a functional, an expressive and a moral dimension. The functional dimension refers to matching individuals to the institutional structures of society. How to make people's actions attuned so that society can run smoothly? Often, studies about the contribution of leisure initiatives to social inclusion only consider this dimension. A quote from positive development researcher Reed Larson (2000) illustrates this stance: *“Given the renewed ideology of enterprise capitalism [...] the importance of initiative hardly needs selling. The economic, social and political order of our society presupposes an individual who is capable of autonomous action”* (p. 171). However, Engbersen and Gabriëls (1995) indicated the relevance of taking into account an expressive and moral ‘objection’ to this stance. Their expressive dimension refers to the search of people to find value and recognition in social life and is reformulated by Bouverne-De Bie (2002) as the opportunities of people to participate in social structures in a way that makes it possible for them to tune reason, appreciation and acting and, in this, find social recognition and self-respect. The third dimension, the moral dimension, refers to the principles that should be agreed upon so that a fair redistribution of social resources could be effected.

Another framework, that partly shows similarities with the framework of Engbersen and Gabriëls (1995), is provided by **Bailey** (2005) and **considers sport's potential contribution** to social inclusion and exclusion. Sport participation provides a focus for social activity, an opportunity to make friends, develop networks and reduce social isolation, it seems well placed to support the development of social capital (Bailey, 2008). Bailey (2008) distilled four dimensions in total. Firstly, the functional dimension of social inclusion relates to the enhancement of knowledge, skills and understanding. It is claimed that sports provide opportunities for the development of valued capabilities and competencies, and the anecdotal evidence in favour of sport's contribution to inter-personal and intra-personal skills is persuasive (Bailey, 2006). The idea is that sports provide appropriate settings for the promotion of (young) people's social development has led to the formation of a number of

programmes aimed at using various forms of physical activity as vehicles for the development of valuable skills and capabilities (Cameron and MacDougall, 2000; Morris et al., 2003; Sandford et al., 2006). Secondly, social inclusion can also be defined in relational terms, such as the sense of social acceptance. Sport might play a role here, by offering people a sense of belonging, to a team, a club or community (Ennis, 1999). Thirdly, which is the spatial dimension, social inclusion relates to the proximity and the closing of social and economic distances. Certainly, there are frequent claims that sports bring individuals from a variety of social and economic backgrounds together in a shared interest in activities that are seen to be inherently valuable (Sport Canada, 2005). For example, there is a popular view that sport's non-verbal format can help overcome linguistic and cultural barriers more easily than other areas of social life (Bailey, 2008). Finally, social inclusion assumes a change in the locus of power (power dimension). Sport contributes to social inclusion, in this respect to the extent that it increases individuals' sense of control over their lives, as well as 'community capital' by extending social networks, increased community cohesion and civic pride (Bailey, 2008).

However, these approaches to social inclusion do not allow studying the different dimensions as referring to separate phenomena. These rather abstract **conceptualisations make it fairly difficult to translate and use them in a concrete setting**, such as a sports setting or, even further, sports (plus) programme. In this context, it may be useful to mention what **Münchmeier** (1991) has referred to as installing biographic, institutional and political competences as a task of (youth) initiatives, such as sport-based social interventions (Haudenhuyse et al., 2012). Biographic competence refers to the way coaches, or those working with people in a sport setting, could give opportunities to people to find out about who they are (for example, identity development, self-worth). Institutional competence encompasses supporting people in finding access and making use of social institutions and services (for example, school, career services, sport clubs). Finally, political competence entails supporting people in sharing ideas with others and having an impact on how policy makers shape the conditions in which they live, including access to institutional resources (see Coussée and Roets, 2011). This would include, amongst others, identifying and challenging processes of social exclusion.

Defined outcomes could be measured or indicators could be developed based on Münchmeier's competences (Haudenhuyse et al., 2012). Münchmeier's (1991) notion of biographic, institutional and political competences might prove to be a useful framework for understanding the narratives of socially vulnerable people in relation to forms of sport participation (Haudenhuyse, 2012). It could be investigated how, from the perspectives of people partaking in sport-based interventions (e.g., prisoners), participation in such settings contributed in creating pathways to biographical, institutional and political competences. In such an enquiry, it would also be important to include the perspectives of primary caregivers, significant others and those directly working with people in sport-based settings. Furthermore, comparing the potential of sport-based social interventions in establishing biographical, institutional and political competences with other forms of social interventions (for example, an association) in which (the same) people partake, might give us more insights into the uniqueness of sport-based practices. In order to ascertain the social impact of two sport-for-development programmes in the Republic of South Africa, **Burnett** (2001) developed a context-sensitive research instrument, namely the Sport Development Impact Assessment Tool (SDIAT). The competences, as identified by Münchmeier (1991), show some similarities with the different impact dimensions of the SDIAT, which encompasses the following:

- Macro-level: sport development in relation to broader socioeconomic and environmental factors (for example, provision or lack of public facilities and services);
- Meso-level: community development and usage of institutional resources (for example, involvement in and functioning of social networks, such as sport club membership);
- Micro-level: holistic development of participants in terms of personal experiences (for example, ideological, physical, social, psychological).

It may be clear that although many researchers defend the notion that sport can have integrative aspects, such as friendship, trust and social cohesion, most of them also acknowledge that sports can entail opposite trends and **question the idea** that participation in sports can foster social inclusion and generate social capital (Theeboom et al., 2011). Some authors wondered if it is actually active sports involvement that promotes the development of social capital or that, on the contrary, people who have a tendency to generate social contacts find their way to sport more easily. In the second case, for people who have few or no social skills, social exclusion proceeds and is not a result of, sport participation (Coalter, 2008). Besides, sports are not always an act that is equally open to all, since notions of normality/abnormality and domination/subordination seem magnified within the contexts of bodily practices (Bailey, 2008): 'sport acts as a kind of badge of social exclusivity and cultural distinctiveness for the dominant classes... it articulates the fractional status distinctions that exist within the ranks of larger class groupings' (Sudgen and Tomlinson, 2000: 319). Given that sports can 'bond' people, often within a closed circle of friends, it may also create strong out-group antagonism and social exclusiveness: 'we against the rest' (Elling, 2004). Various authors pointed to the possibility of segregation, such as the tendency to practise sport in own circles and reinforcing of stereotypes and prejudices (Collins, 2004).

Nevertheless the ascribed positive impacts of sports described in the above, the futility of arguing whether sport is good or bad has also been observed by authors (e.g., Coalter, 2001; Coalter, 2008; Long and Sanderson, 2001). Sport, like most activities, is **not a priori good or bad**, but has the potential of producing both positive and negative outcomes (Patriksson, 1995). A more constructive question would seem to be '*what conditions are necessary for sport to have beneficial outcomes?*'. The simple fact that people engage in a sport setting does not automatically imply that specific differences in personal or social outcomes can be expected. Moreover, Verweel et al. (2005) stated that experiences and contacts from outside the sports context are assumed to be of larger It therefore becomes clear that more attention is needed regarding the **structural components and processes of management and guidance within the sport context** in order to provide greater insight into the complexity of the underlying processes that are presumed to generate social benefits (Theeboom et al, 2011). However, to date, there is a lack of insight into the nature of these structural and organizational mechanisms and how they can be created in organized sport contexts. For example, Coalter (2008) stated that research on the 'sufficient' conditions that are needed in order for sport to provide social benefits is sorely lacking.

With regard to the **penal system**, the rapid growth of 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). However, in line of Caplan (1996), it appears that sports programmes in prison are most valuable in the area of social control. However, it is possible that participating in recreational sports can have long-term (rehabilitative?) effects if they are continued after release

from prison. Arguably, as mechanisms of social control, they function as a social safety valve for everyone and not just former inmates in free society. If they keep the people active and sometimes goal-oriented in prison, they may accomplish the same purpose outside of prison. The most substantial problem which exists is that, following their release from prison, most inmates fail to continue these activities and this form of lifestyle (Caplan, 1996). Arguably, given the opportunities and motivation, participating in organised recreational sport activities outside of prison may have an analogous social control effect in the wider society.

In addition, it can be expected that social inclusion of prisoners through sport demands a more **inclusive approach** which also deals with fundamental problems relating to participation inequalities in other domains, such as education, work and leisure (Theeboom et al., 2011). With regard to prisons, Caplan (1996) stated that while recreational sport is necessary in the prison, this does not overshadow **other areas which are equally necessary**, such as opportunities for education and practical training. And he continues by stating that '*more trades should be offered so that inmates can both utilise their time constructively and have a trade or profession to practice upon their release*'. As indicated, above, we are starting to gather clues, but there is a need for further research (Bailey, 2008).

This theoretical approach was made by the Vrije Universiteit Brussel, with regards to their research in collaboration with the International Centre for Ethics in Sport (ICES). The full version of this research will be retrievable on the website www.prisonsonthefmove.eu and is included as attachment (Annex 1 - Social inclusion, sport and the prison VUB). In this full document, you find all the references.

2. Physical activity and sport

Physical activities and sports are nowadays part of the prisons landscape in the western democratic world as a consequence of the change in the prison role that evolved from punishment to social rehabilitation spaces (Caplan, 1996; Hagan, 1989).

Nowadays, governments legislate about these activities and they are considered a part of the basic principles of prison laws and policies of many countries (van Zyl & Snacken, 2009). Prisoners are human beings with rights and physical activities, either with recreational and educational focuses, are growing as part of the prison daily life necessities.

Nevertheless, little is known about the meanings of these practices for people from inside, how sports and physical activity are fitted within the prisons system, and what are the inmates' experiences and benefits from their participation.

Classical texts on prison management for staff only mention the inmates' necessity and benefits of exercise and sport with no orientations and guides for their development (Cowley, 2002).

Prison research from social life inside these institutions is limited (Crewe, 2005; Wacquant, 2002) and physical activity and sport, especially in adult prisons, have received even less attention (Williams, Walker & Streat, 2005).

The rapid growth in prison populations in most of the Western societies during the last decades (OECD, 2010) has probably increased the interest in knowing the effects of sport and physical activity on inmates and how these activities are developed in prison settings. In fact, we identify several areas of interest about these issues, basically from English, Spanish and French literature. These areas are: 1) physical activity and sports for inmates' health; 2) physical activity and sports for social rehabilitation; and 3) physical activity and sports participation and provision.

Physical activity and sport for inmates' health

Imprisonment conditions, mainly linked to lockups and isolation, contribute to the emergence of many physical and mental inmates' unhealthy consequences compared to the wider community (Courtney & Sabo, 2001; Loeb & Steffensmeier, 2011; Plugge, Foster, Yudkin & Douglas, 2009; Plugge, Douglas & Kirkpatrick, 2006; Richmond et al., 2011; Tosh, 1982; Valcarcel, 2001). Therefore, health protection and health promotion activities are important issues to be addressed by the prison system of every country to attend the rights and necessities of people in confinement. International institutions, such as the World Health Organization (2007), have also developed different documents and guides addressed to the health in prisons. In this situation, physical activity and sports have been considered one of the key activities for the health protection and promotion of inmates and research has been addressed to such purpose.

Biomedical knowledge based-research on physical activity and sports are equally applicable either to the general public or inmates. This knowledge states that higher levels of regular physical activity are associated with lower mortality rates, even in those who participate in moderately intense activities

and favourable relationship between exercise and cardiovascular health and diabetes are also observed (Amtmann, 2001). Some other mental health benefits are also reported from general public and applied to inmates since these issues are of particular interest in prison as a group of studies from the last decade suggest.

In a questionnaire-based study from USA on inmates' perceptions regarding an exercise programme, Nelson, Specian, Campbell & DeMello (2006) reported that participants perceive a decrease in depression, stress and anxiety, as well as an improvement in their physical shapes and fitness levels. Across-sectional study based on a questionnaire, Cashin, Potter and Butler (2008) pointed out a significant inverse relationship between self-reported exercise in minutes per week and hopelessness among a sample of 914 Australian inmates. Another recent cross-sectional study showed that self-esteem and contentment with psychological state in physically active inmates from Lithuanian correction houses were significantly higher than in physically inactive inmates, although low self-esteem was not determined in any inmates (Vaičiulis, Kavaliauskas & Radisauskas, 2011). In this study, the probability that the convicts who have a strong sense of responsibility tend to be more physically active than the inmates who do not consider themselves responsible is several times higher.

There are some comparative correlation studies developed in USA that showed significantly lower levels of depression, stress and anxiety among those inmates who exercised compared to those who did not exercise (Backaloo, Krug & Nelson, 2009) or identified a daily sport practice in a significantly higher percentage of non-insomniac inmates' group than the insomniac inmates' group (Elger, 2009). Another comparative study developed with male inmates reported a decrease of verbal aggression, hostility and anger in the weight-training group whereas vigour scores significantly decreased in the non-weight-training group (Wagner, McBride & Crouse, 1999). A quasi experimental study developed in a male prison reported that a 12-week program of regular aerobic exercise decreased symptoms of depression (Libbus, 1994).

The positive relationships reported in the previous studies need more research to confirm these data since there still are other studies with no conclusive results. Among them, there is a pilot randomized control trial study, developed in Australia, that analysed the effect of a 12-week exercise and health education program on male inmates' psychological distress and results showed no statistically significant differences between pre and post-exercise program. There was also no significant correlation between total psychological distress and participating or not participating in the exercise (Cashin, Potter, Stevens, Davidson & Muldoon, 2008).

Physical activity and sport for social rehabilitation

Although sports and physical activity can contribute to the health of prisoners, their presence in most countries penitentiary systems is justified as part of the general strategy addressed to the social rehabilitation as the main imprisonment aim. It is, at least in those countries which have signed the International Covenant on Civil and Political Rights from United Nations, elaborate in 1966, which explicitly indicate in its article 10 (3) that "the penitentiary system shall comprise the treatment of

persons, the essential aim of which shall be their reformation and social rehabilitation” (UN General Assembly, 1966, p. 176).

Studies researching the rehabilitative role of physical activity and sport tend to fall, according to Day and Sparkes (2012), into three types: 1) reviews of the value of sports and physical activity and their impact on crime and social inclusion/exclusion; 2) evaluations of physical activity and sports interventions for crime/antisocial behaviour reduction and social inclusion; and 3) qualitative explorations of the role physical activity and sports play in prisons.

The value of sport and its impact on crime and social inclusion/exclusion

Many contributions from different places have focused on the positive effects of physical activity and sports on crime and social exclusion. A group of these contributions are based on character building logic associated to sport participation, that is to say that the participation facilitates social desirable values such as fair play, discipline, effort and teamwork. This is the case of Chamarro (1993) that referred to the positive effects of sports, if they are prepared with a therapeutic purpose, such as self-control, cooperation and rules accomplishments in the activities developed inside and outside prison. Nichols (1997) provided several rationales for reducing delinquent behaviours through active participation in sports linked to excitement, increase of self-esteem, development of cognitive competences, involving in role modelling processes and providing employment possibilities. Some authors gave an overall group of physical, psychological and social benefits of sports in prison (Castillo, 2007; Diaz, 2007) and other referred to the transmission of positive values among inmates due to the interaction and socialization potentialities of sport and physical activities when participating with different people from inside and outside prisons (Gras, 2003a; Rios, 2004).

The therapeutic potentialities of the character building logic of sports have been used not only by specialized authors to justify sports provision in the penitentiary systems but also by the wider society and the inmates or prison staff. In a Canadian public opinion research, more than eight out of 10 citizens believe that it is very important that sports actively promote positive values in children and youth (CCSD, 2002). Moreover, in a qualitative study developed in a Spanish prison, inmates and some educators also refer to self-control, rules accomplishment and character building as positive key values transferable to ordinary social life (Martos-Garcia, Devis-Devis & Sparkes, 2009a). Nevertheless, as the last authors stated, these ideas have been widely criticized because the rules governing sports are functional rules and not moral rules and empirical support from different fields outside prison seems to be opposite to the transmission of desirable values.

In addition, there are clear differences between sports and everyday life. Although in both cases people are facing challenges, there are different challenges. In everyday life, rarely faced directly to our opponents, we do not know when the challenge has been removed or if we have finally achieved victory. However, in sports, opponents faced directly, there are not doubts about when the game is finished and who has achieved victory. The everyday life is complex, ambiguous, uncertain and difficult to understand, while sports are simple, somewhat ambiguous, uncertain and easy to understand. Likewise, the actions of daily life have a real moral component and its consequences are potentially very serious, while actions in sports have a moral component that is normally confined to a very particular sporting situation and its consequences do not go beyond the sport (Devis-Devis, 1995; Coakley, 2004).

The sport, like any other activity of life, transmit desirable or undesirable values and move to the daily lives of those involved, depending on the type of relationships established in the social context of their practice, in this case the prison life. Kauffman and Wolf (2010), in their analysis of sports as a vehicle for social change, even mentioned that sports can perpetuate inequalities and foster alienation, something far enough to the positive milieu of character building ethos. Despite this critique, the authors still find arguments in their analysis that can make sports a vehicle of social change. Literature on character building concludes that there is not an automatic transmission of positive values from sports participation but from what happens around it and how it is intentionally developed to promote such values (Bredemeier & Shields, 2006; Gutierrez- Sanmartin, 2003). In its application to prison settings, only the existence of a sports project, purposes, content and methodological strategies, designed and explicitly addressed to the promotion of positive values, will be possible to have positive social relationships and to talk of social rehabilitation (Martos-Garcia, Devis-Devis & Sparkes, 2009a).

Some other reviews addressed to the rehabilitative potentialities of sport and physical activity, often overlapped with the character building logic, focus on the promotion of social inclusion or avoid social exclusion. In fact, there is an international enthusiasm for the idea that sports can be used to promote social inclusion and youth crime reduction, according to many state and private organizations at national and international level (Central Council of Physical Recreation, 2002; European Commission, 2007; International Olympic Committee, 2000; Office of the Deputy Prime Minister, 2004; Sport England, 2005). Although many reviews are not especially developed in the relation to prison inmates but to at risk, high risk or marginalized youth, they share their main purpose and can offer an insight to social rehabilitation when no specialized prison literature is available.

The first problem that arises is a conceptual matter because many contributions consider social inclusion the same as avoiding social exclusion but they are not synonymous. According to Donnelly and Coakley (2002), social exclusion is about eliminating boundaries or barriers among different groups of people and organizations while social inclusion is a proactive human development approach that requires investment and action to make sure that all people are able to participate as valued, respected and contributing members of society. Kelly (2011) believes that both concepts are contested and processes through which sports-based interventions might promote social inclusion or address social exclusion require further investigation. According to this author, those who focus on social exclusion emphasize poverty and its social, moral, cultural and economic limitations whereas those who focus on social inclusion emphasize redistribution of resources in different areas, moral reformation and a pathway for employment issues.

Donnelly, Darnell, Wells and Coakley (2007) indicate that the first thing to promote inclusion is to overcome the structural barriers that prevent participation. After this first step, it would be necessary to provide conditions to get benefits of sport participation, as stated by Collins and Kay (2003) in a similar way than the previous contributions based on sport values. In this sense, some initiatives with a psychosocial tradition have focused on socio-moral and personal and social responsibility values (Hellison, 1995; Miller, Bredemeier & Shields, 1997). But a complete fulfillment of social inclusion through sport requires to “open up a channel for young people to obtain advice

and information on a wide range of health, social, education and employment issues” (Sport England, 2005, p. 9). According to certain views, social inclusion will be achieved if sports and physical activity assist in pro-social choices and offers opportunities for an active citizenship and social capital (Cameron & McDougall, 2000). However, there is still no strong evidence of a social inclusion achievement beyond mediator values (Long, Welch, Branham, Butterfield & Lloyd, 2002). Some sociocritical views consider the exclusion effects do not facilitate the sport interest among excluded people and, although sports are a part of their interests it is not enough guarantee for eliminating exclusion because it is made by structural barriers (Maza, 2000a). This situation suggests that there is a clear necessity to know more about overcoming exclusion barriers and a great deal of more research to understand the process of social inclusion in sports (Donnelly, Darnell, Wells & Coakley, 2007).

Evaluation of sport-based interventions for crime/antisocial behaviour reduction and social inclusion

Crime and antisocial behaviour reduction is nowadays seen as a social problem that is responsive of sport-based interventions. Some influential papers have supported this view since they find evidence for crime reduction. This is the case of Seefeldt and Ewing’s (2002, no page) review of youth and sport in the USA that stated “Considerable evidence has been presented that sports participants are less likely than nonparticipants to engage in delinquent behaviour”. They also pointed out that “The negative relationship between sports participation and delinquency tends to be stronger among lower-class youth” and “athletes in minor sports”, but “Unfortunately, the reason for this negative correlation is unclear”.

Many interventions have been developed in different places from the support of these evidences and the international enthusiasm to reduce exclusion, indicated in the previous section. For instance, the Probation Service in England and Wales found more than 54 programs from 34 different probation services in 1997 (Taylor, Crow, Irvine & Nichols, 1999). Similarly, the Australian Institute of Criminology identified more than 600 recreational programs aimed at preventing or reducing anti-social behaviour among young people some years later (Morris, Sallybanks & Willis, 2003). The evaluations of these interventions are promising and they may provide a useful vehicle to the development of personal and social skills and provide positive mentoring relationships. According to the Australian authors, this will be achieved through targeting and improving underlying risk factors rather than actual antisocial behaviour. In an evaluation of an intervention with 318 disadvantage and disaffected young people from United Kingdom showed that personal and social skills increased over the initial 5-days of the intervention. Although the benefits did not appear to be maintained a year later, they were good predictors of the long-term behavioural improvements (better performance in jobs and education, stable housing arrangements, and positive attitude toward self and others) (Astbury, Knight & Nichols, 2005).

A group on intervention evaluations from different places around the world with at risk youth are based on the Hellison’s social and personal responsibility model (Hellison & Walsh, 2002). Responsibility is understood as a moral obligation towards oneself and others and the model has five levels of responsibility that youngsters should learn to become adapted and efficient people in their

social environment: 1) respect for the rights and feelings of others, including behaviours, empathy and self-control; 2) participation and effort; 3) autonomy; 4) help others; and 5) transfer behaviours learned in the program to other contexts. Among other places, it was recently applied to Spanish physical education classes with students at risk of dropping-out of school during one school year (Escarti, Gutierrez, Pascual & Marin, 2010). It was a comparative study with two groups of adolescents that used quantitative and qualitative methodology. Quantitative results showed a significant improvement in the students' self-efficacy for enlisting social resources and in self-efficacy for self-regulated learning. Qualitative results showed an improvement in responsibility behaviours of participants in the intervention group.

In a Spanish city deprived neighbourhood intervention of 12 years, evaluated through a qualitative methodology, Maza (2006) concluded that sports, football in this case, can enrich the social interactions of participants around the program. The football field was the meeting place of these youngsters, where they knew each other and recognized between them as a group. The interactions that emerged in this place can improve the community place, education and identity processes, especially through the social interchanges and situational solutions between different capitals (social, cultural and symbolic) youngsters perform in situational contests around the sport program.

Many of the interventions with at risk youth or young offenders are developed under a diverted or deterrent rationale to separate youngsters from antisocial behaviour. When diverting is the purpose, providing activities is more important than the type of activities provided (Morris, Sallybanks & Willis, 2003). A deterrent rationale is also defended by Seefeldt and Ewing (2002) to prevent young delinquency with at risk people since they consider youth sports participation a practical substitute for gang membership. These authors suggest that delinquent behaviour by gang members was shown to be lower before and after gang membership, showing the positives for decreasing criminal activity outside of the gang. This rationale is based on social control principals that design sport interventions to occupy people in sport activities instead of other social activities more likely to stimulate crime or antisocial behaviours.

The underlying assumptions of at risk youth interventions that follow social control principals are far from the principals of social opportunity of middle-class youth and may produce a victim blaming effect. As Donnelly, Darnell, Wells and Coakley (2007) indicate, these interventions communicate the underneath message that youngsters from inner city and lower class are dangerous, need adult control, are inclined toward deviance, need protection from themselves and are better out of the streets. On the contrary, the young middle-class sport interventions of social opportunity communicate a different message to participants of personal development, teamwork, leadership and community related skills, although the crime reduction interventions would be originally conceived with such ideas.

Nevertheless, these promising avenues do not directly connect with crime reduction or prevention of antisocial behaviour. As Bailey (2005) indicated, crime reduction is indirect rather than direct process and work in a joining set of processes such as self-esteem, self-efficacy and the development of social and personal development. Therefore, there is little evidence of the effectiveness of the impact of the sport interventions in crime reduction and it is a difficult and complex adventure. Several problems and limitations are part of this adventure and need to be approached and considered here for the future. The first one is a lack of longitudinal data for evaluations of sports and physical activity

interventions, partially explained by the indirect influence on crime reduction. Overuse of short term interventions or activities do not warrant time enough for meaningful impacts. The second one is a lack of control in designing evaluations because they can result in misleading or premature conclusions. Moreover, as the success of interventions need collaboration of different agents, institutions, stakeholders and also different activities beyond sports, such as outdoors, experiential, communication and job-skills training, it is extremely pretentious to attribute the possible delinquency decrease to sport and physical activity participation (Donnelly, Darnell, Wells & Coakley, 2007; Long, Welch, Branham, Butterfield & Lloyd, 2002; Morris, Sallybanks & Willis, 2003; Nichols & Crow, 2004; Taylor, Crow, Irvine & Nichols, 1999).

Previous information of this section comes from youngsters at risk and nothing is said about evaluations of interventions in prisons. Although some information can be useful for the activities and interventions in prisons there are particular conditions, institutional and personal, that recommend research efforts especially focused to these settings. For instance, participants of the interventions will be offenders in confinement not youngsters at risk that live with their families and communities and main purpose is the avoidance or reduction of delinquent recidivism. Nevertheless, only a few documents refer to evaluations of interventions or physical activities and sports in prisons in relation to inmates' recidivism or inclusion.

The first evaluation of this review refers to youngsters in a United Kingdom correctional because It presents some similitude to prisoners in confinement. It is a participant-observation study made by Andrews and Andrews (2003) that found that sports provide an opportunity for these young people to display competence and develop a positive self-concept. Therefore, it showed an indirect effect of sports towards inclusion that makes authors question this practice as primary vehicle for, and mechanism of, rehabilitation. In another study that evaluates 5 years of experience of physical activity and sports program in a Spanish youth correctional, authors indicate that most of the inmates enjoy the activities but they did not find a translation of an active lifestyle outside the walls of the centre (Mantecon et al., 2007). In this case, it is even difficult to find a direct connection of such behaviour as physical activity and sports in youngsters' daily life.

The evaluation of a two months program in a Spanish prison through a quantitative and qualitative multi-methods study concludes that fitness improvements and other psychological and social health benefits are perceived by a sample of 117 inmates, including a motivation for drugs consumption decrease. Other (re)educative values such as respect for the game rules, collaboration and social relationships among different people inside and outside prison are also perceived by inmates after the program. Castillo (2004), the author of this study, highlights the referee and monitor training courses offered as a labour possibility outside prison. Other two qualitative prison studies, from USA and Spain and not especially focused to evaluative purposes, refer to similar results based on the inmates' interviews and observations (Caplan, 1996; Martos, Devis-Devis & Sparkes, 2009a). Educative potential of self-control through sport and, mainly, distraction and compensation strategy to cope with boredom, time and confinement's physical and mental problems are among them. Spanish authors also point out that physical activity and sport can even play a symbolic evasion and personal liberation. Despite these benefits, the studies show that the limitations both encounter in the social rehabilitation potential of physical activity and sports. Caplan's (1996) study pointed out that many inmates are offender recidivists and they do not continue their recreational sports involvement following their release from prison. The study developed by Martos, Devis-Devis &

Sparkes (2009a) indicated that sports instructor or lifeguard titles offered and the recognition of sport inmates' participants on drugs reduction is not enough for social inclusion. more long term follow up studies that include before and after incarceration periods are necessary to know and understand more about social inclusion and offender recidivism.

Qualitative explorations of the role physical activity and sport play in prisons

In addition to the qualitative studies mentioned in the previous pages of this report (Andrews & Andrews, 2006; Caplan, 1996; Martos, Devis-Devis & Sparkes, 2009a) there are a group of studies that focused on the role physical activity and sport play in ordinary prison life. The early work of Grayzel (1978) about the functions of play and its motifs, developed in a USA prison, showed that boredom can become the worst prison punishment and activities can help to overcome it, although inside activities remain highly under control and they form part of a punishment-rewards loop for social control. In a later work from a men prison from United States, Sabo (2001) also pointed out how sport and exercise can help many inmates do their time and do masculinity at once. Besides, in his self-reported paper as a former prison worker, he also emphasized sports contradiction since they can be simultaneously a source of personal liberation and a tool for social control. Therefore, it is supposed that different meanings also emerged from women inmates and other prison workers.

Johnsen (2001) developed a one year qualitative research in a Norwegian prison with the purpose Of getting insight into men's lives and identities in prison, and contribute to a better understanding of some of the multiple systems of domination that constitute Western society. Different meaning the staff and the prisoners construct on sport activities is due to the construction and reconstruction of gender and masculinity through the practice of sport in prison. To construct masculinities for the purpose of expressing hardness is the way the prisoners exercise power and claim their positions in the strategic power situation that seems to exist between the prisoners. According to prisoners, the development of large muscular bodies has a relation to their existence in prison and not with a physical capital for re-offending outside prison.

With this backdrop, Martos, Devis-Devis and Sparkes (2009b) initiated a two-year ethnographic study to portrait an account of what was going on in the sports hall of a Spanish prison, and also explore the different meanings assigned to sport and physical activity practices as they are contended by women and men inmates, officials and sport monitors. They provided details of the following key themes that emerged from the analysis: (a) escaping time; (b) perceived therapeutic benefits; (c) social control; (d) gendered dimensions; and (e) performing masculinity. The findings suggested that a diverse and contradictory set of meanings are associated with sport and physical activity within this particular prison culture, and that the performance of specific kinds of masculinity is both a process and product that shapes the construction of experience in powerful ways. Among these meanings emerges the extended shared idea that physical activity is equivalent to sport outputs. In a certain way, physical activity becomes sport practice, the pavilion is the training place, and sports educators are the trainers. A macho muscularity appears, as part of the performing masculinity theme, around martial arts and body building practices. It is due to a reduced women's participation in these practices, and physical activities in general, and because physical power turns into social power and prestige, and it is used to classify people in the hierarchical world of the prison.

Gras (2003b) also developed a longitudinal study to understand the meanings of sports in the incarceration pathway of French inmates' lives through interviews, letters and reports from inmates, sport monitors and other prison staff. The author introduced the notion of sport trajectory to refer to the ways inmates interpret sports within the whole range of expectations and personal projects and how it contributes to give meaning to their lives. The main results indicated that if inmates give meaning to sports in prison they are also able to make sense of their own sentences. After the first moment of resistance, prisoners are able to experience their sports activities in a constructive and rational manner, that is to say, abandoning their progressively degraded image and reconstructing a new image of themselves.

In another observation-based qualitative research, Gras (2005) discussed sports-related prison leaves in France, and analyzed the questions these outings raised for those inmates to whom they were granted. The original goal of the sports outing, which was to compete and to share sporting values emerged other, more crucial, ones. They are indirect outcomes that appeared through the physical and symbolic break created by the leave itself, having to do with the way they deal with their stigmatizing status and with the legitimacy of their presence in social events.

Ozano (2008) conducted a qualitative research using a grounded theory approach through in depth open-ended interviews to understand the role that sports and physical activities play in the rehabilitation process of United Kingdom females' prisoners. Five themes emerged from the data: a) participation outcomes; b) general health awareness; c) role of sport and exercise on rehabilitation for release; d) developmental skills and experiences; and e) influence of sport, exercise or dietary awareness on plans post prison. Female inmates found different physical, psychological and social health benefits to their sport and physical activity participation since they planned their careers upon release around sport and exercise.

In a recent study, Devis-Devis, Martos and Sparkes (2010) explored the construction of the professional identity of Alex (a pseudonym), a physical educator in charge of sport and physical activity in a Spanish prison. To this end, a biographical-dialectic perspective was employed through interviews especially focused on prior experiences, contextual resources and the micropolitical strategies Alex used in his workplace. The search for better job conditions and professional recognition mediated the strategies he used during the daily negotiation of his professional identity. Yet, this identity was also constructed in a dialogue between his experiences in sport and the performance sport discourse present at the macro-social level. This study exemplifies a particular, although not unique case of professional socialization that helps to illuminate the (re)construction of identity of those physical activity and sports professionals who work in marginal contexts.

Among the issues that arise in these studies there is a general agreement about several physical, psychological and social benefits of sport and physical activity prison but some differ with the potential social inclusion benefits, quite similar to the conclusion obtained in previous sections.

Physical activity and sport participation and provision in prison

In between of the previous two big areas of knowledge, the health and therapeutic ones, we identify another one, precisely justified by the physical activity and sport relationships with health and its social therapeutic potentialities. This new area is focused in the physical activity and sport provision in the prison system and the inmates' level and maintenance of these social practices. For instance, in a study about men leisure participation in USA, Frey and Delaney (1996) reported that the most important result was not the tension release but the social relationships and friendship. There was no relation between leisure participation and boredom, threat of physical aggression or tension. Authors found low levels of participation measured by frequency and duration, not intensity. They also indicated that an inmate is more likely to spend longer time in a frequent activity as it requires less energy.

Another questionnaire-based study was developed to know several issues about the inmates' exercise adherence from a Spanish prison. The results pointed out that enjoyment appeared as a key factor for participation, more men participated than women, the participation was reduced with a long-term imprisonment and inmates believed that exercise contributed to feeling good, release from prison tensions and making time (Chamarro, 1998).

The National Audit Office (NAO) (2006) produced a report for Her Majesty Prison Service about diet and exercise in United Kingdom with several data about physical activity and sport participation and provision. According to the law, inmates are allowed at least 1 hour of exercise per week ; however the extent of exercise and sport provision varies between prisons, genders and age. Prisoners' participation varied from 11% in Bristol prison to 87% in juvenile prisons with an average of 2.4 hours per week. It also varied by gender since women showed less participant rates than men. The two main benefits of physical activity and sport provision in prisons specified in the report were: 1) to occupy prisoners purposefully when they were out of their cells; and 2) to provide a positive outlet for energy if continued post prison. The reported aspects which affected participation were: 1) the range of activities and facilities available; 2) equality of access; 3) emphasis given to activities which could affect wider participation; and 4) availability of instructors and timing of activities. Finally, it is reported that 43% of prisoners participate in some form of organized physical activity.

If we concentrate on women participation specifically, Plugge, Douglas and Fitzpatrick (2006) found, in a quantitative and qualitative multi-method study with 505 inmates, that 13.3% self 13 reported they met government recommendations for exercise half an hour per day for at least 5 days a week prior incarceration. Moreover, authors found no significant differences between women participation before incarceration and one month following imprisonment (14.11% versus 11.1%). Authors also reported that one prison participating in the study was praised for its quality of instruction, provision of facilities and time given to use them. On the contrary, inmates from the rest of the prisons were discontent with the space for practice and the organizational regime that forced them to choose between work and exercise.

Other contributions focused on some considerations when offering sport and physical activities to prisoners. Williams, Walker and Strean (2005) highlighted that not every activity should be generally addressed to all inmates. For instance, a sex offender should not be allowed to walk or run through

parks where it is possible to look for potential victims or a violent inmate should not be encouraged to participate in weight lifting. Arribas, Mantecon, Rodriguez and Sanchez (2001) propose for imprisonment contexts shared sport activities in and out of prison with groups of people coming into and inmates going out for participation, as well as professional collaboration between groups of multidisciplinary background. It is important here to highlight, as Bailey (2006) indicated, that participation in sports need sufficient conditions for a possible success of any physical activity and sport intervention. It means that professionals in charge of these activities must be aware of the risk factors, social conditions and material realities of participants, in order to have a positive impact.

In the close field of youth at risk there are intervention evaluations that emphasised pedagogical considerations and arrive to present good practice principles (Morris, Sallybanks & Willis, 2003), criteria for best practices (Donnelly, Darnell, Wells & Coakley, 2007) or orientations for professionals (Balibrea & Santos, 2011). Nevertheless, it is still a necessity in the field of physical activity and sport in prison.

This review has been made by Universitat de València-Estudi General with the collaboration of all partners. The full version of this research will be retrievable on the website www.prisonersonthemove.eu and is included as attachment(Annex 2 - Sport and physical activity in European prisons UVEG). In this full document, you find all the references.

3. Facilitating the cooperation between the field of sport and detention to set up common sport initiatives at all levels.

Sport landscapes

Sport is embedded in the societal organization of each country

To understand how sport in detention is structured and organized in Europe, it is important to understand how sport is structured and organized in each of the individual countries in Europe. The structure and organization of sport in each of the individual countries is strongly influenced by the societal organization of these countries. This is confirmed by the research of Prof Dr. Camy leading to the academic finding/description of four main types of societal models in which the structure and organization of sport is embedded in these societies.

It is outside the scope of this EU-project 'Prisoners on the Move' to research and describe the societal organization and development of the countries holding a partnership on this EU-project. It is nevertheless important to understand the structure and organization of the sports landscape of each of these countries.

No country or region in Europe conforms exactly and fully with one typology. On the contrary, academic researchers who did further research on the bases of the work of Prof Dr. Camy (such as Prof Dr. Zintz) find the tendency for the state systems in several countries to take over elements from the other typologies.

Sport organization in Europe and at a European level

In-depth study of the sports organization in Europe was obtained via EU-funded academic work leading to prominent publications at which re-known researchers have built during multiple years.

One of the best recent examples is the 2009 dated book written by Walter Tokarski, Karen Petry, Michael Groll and Jürgen Mittag 'A perfect Match? Sport and the European Union.' funded with the support of the EU-Commission. Prof Dr Walter Tokarski is the Rector/President of the German Sports University at Cologne and Prof Dr Karen Petry is Deputy Head of the Institute of European Sport Development and Leisure Studies. Other studies include publications by the 'Society of European Sport Studies' as well as obviously the Eurobarometers.

Information on sports in Europe on a permanently updated bases can be found on the EU Unit sport website <http://ec.europa.eu/sport/>

Sport systems in the EU member states

Sport systems in the EU member states have been described in a number of publications.

'Sport in Europe' started within the framework of a Jean Monnet project funded by the European Commission. 'Sport in Europe' focuses on the relationship between the European Union and Sport. Detailed information on organizational structures of sport and the characteristic features of the sport systems in the member states are stated in the book.

The pre-mentioned book 'A Perfect Match? Sport and the European Union.' also provides in-depth academic information on the organization of sports activity in Europe (non-organizational sport; sport in clubs; other sport providers), the development and societal role of sports in Europe, characteristics of structure and organization of sport in the EU countries (legislation; governmental, semi-governmental and non-governmental sports organization; the financing of sports; participation in sport), the categorization of national sport systems. The national sports systems in the EU member states are described in this book along the above mentioned criteria.

Sports & Citoyenneté (an organization looking at promoting sports for the EU citizens) is at the very time of the writing of this report (late 2011) collecting in-depth updated information on the individual sport systems in the EU-regions and -countries. Their report is/was to be published by mid 2012.

Sport systems in the 'Prisoners on the Move' EU-project member states

Subsequent to the previous paragraphs, the information on the structure and organization of sports in the 'Prisoners on the Move' EU-project member states is meant to offer a scrutinized but short and readable overview. For those who wish to obtain a broader and more fundamental view on the structure and organization of sport in the 'Prisoners on the Move' EU-project member states, we refer to the in the bibliography mentioned EU-funded researches having led to prominent

publications at which re-known academics have built during multiple years. Their publications are free to obtain on the market.

The information on the structure and organization of sport in the EU-countries was forwarded for review to the partners on the 'Prisoners on the Move'.

This review has been made by the FROS with the collaboration of all partners. The full version of this research will be retrievable on the website www.prisonersonthemove.eu and is included as attachment (Annex 3 - Sport landscapes FROS). In this full document, you find all the references.

Conclusion:

Over the past decades, the organization and structure of sport in Europe has changed significantly. Sports federations and clubs are no longer (as until the 1980s) the almost only players in the sports market. Non-organizational sports activities as e.g. jogging in the park and road cycling, the enormous increase of community sports infrastructures enabling e.g. swimming in the pool and a wide diversity of sports applications in sports halls, the globalization of sports such as e.g. the martial sports, new 'physical activities' such as 'outward activities' and the so-called 'extreme sports', the emerging discussion on the importance of physical activities as opposed to sports such as e.g. in The Netherlands; all these show how differentiated the sports landscape has become in fact, 'Prisoners on the Move' is the very proof of how new players in the world of sports work towards building evidence of their role in society.

The political organization in Europe also changed over the past decades. On the one hand, the role of the EU institutions has increased significantly. The Treaty of Lisbon recognizing sports to be a European matter is hitherto a good example. On the other hand, Europe has undergone over the past decades an important form of regionalization. The European 'continent' currently counts 25% more countries than in 1980 (new countries being Estonia, Croatia, etc.). Moreover, Europe currently has over 80 legislative regions with proper governments and a parliament, as compared to approximately 35 in the late '70's. Sports (such as culture and well-being) as 'person-related' matters are almost always within the first domains of being transferred from the national to these regional authorities.

The organization of sport in each of the individual countries is then again strongly influenced by the societal organization within these countries. In other words, the structure and organization of sport in a country is embedded in its societal organization. As mentioned in the introduction to this report, Prof Dr Camy and researchers following after him have described four typologies of societal setting (bureaucratic, social, entrepreneurial, missionary) and hence the sport systems functioning in these typologies of societal setting.

The structure and organization of sport in Europe therefore is so diverse that it can be described as an 'almost unclear variety'.

Notwithstanding these major varieties in sports systems, there also are many similarities in the organization of sport in Europe. All European countries have thousands of sports clubs, in all European countries the governing bodies play a pre-dominant role in the support of 'sport for all',

sports would not survive in any European country without the deployment of volunteers in a whole range of positions.

This report is intended to give a better understanding how sports in the 'Prisoners on the Move' EU-partner countries is structured and organized. It may also offer the opportunity for further proper development, cross-pollination (tools), cross-fertilization (best practices), setting up joint international initiatives or long-lasting networking at European level.

Sport and detention in the different countries

"Globalization" is a fairly recent historical term only showing up in the encyclopaedia in the second half of the 20th century. One of the commonly accepted definitions of globalization is: "Globalization in its literal sense is the process of transformation of local phenomena into global ones. It can be described as a process by which the people of the world are unified in a single society and function together. This process is a combination of economic, technological, socio-cultural and political forces. " In its summarized version, one could describe the phenomenon as "The 'process' whereby the world becomes one village."

"Europeanization" is not equal to globalization, but Europe has also seen over the past decades a variety of 'processes' of integration. In an etymological sense, 'integration' is clearly different to 'standardization'.

Referring to the common statement 'the world becomes a village', it is clear that people living in a village do have something in common, but are not the same. Indeed there are many variances between people in a village when it comes to gender, age, religion, political beliefs, professions, cultural interests and so many more ways of living. Moreover, it is no one's wish that within a village one would strive to all become the same type of people with the same way of living. On the contrary, differences form an integral part are required for a village to exist.

In "Olympism for the 21st Century", Prof J. Parry states "The general problem is how we are to operate at a global (universal) level whilst there exist such apparently intractable differences at the particular level. {...} sport seeks to be universal in its values: mutual recognition and respect, tolerance, solidarity, equity, anti-discrimination, peace, multiculturalism, etc. This is a quite specific set of values, which are at once a set of universal general principles; but which also require different interpretations in different cultures - *stated* in general terms; *interpreted* in the particular."

This brings us to the triple pre-dominant values fundamental to amongst others the EU-Commission Unit Sport: autonomy, self-regulation and subsidiarity. This is also what the research of the implication of the sports organized sector in the 'Preparatory Action in the Field of Sports' on 'Sports in Detention' is all about. Learning from each other, understanding oneself through each other, cross-pollinating, cross-fertilization, joint initiatives and network elaboration. I.e. speaking on the same topic in general and allowing the different meanings to be brought forward in particular ,so that the particularization leads to universalism and the universalization leads to particularism. Inclusion, the framework under which our Preparatory Action resorts hereby is the key-term. It is

made clear that the integrity of the particularity is respected whilst at the same time diminishing the barriers it is aimed at.

This search for a universal representation at the interpersonal and social level of the people in detention is reflected in the specific research presented hereunder.

The analysis that was made of the approach of the organized sports sector for people in detention is hence not a comparative research but an analysis in the regional/national particularity, actually embedded in their typical socio-cultural environment, at stake.

This research is intended to give a better understanding of how the organized sports sector works with sport in one's own region/country as well as in the other regions/countries. It may also offer the opportunity for further proper development, cross-pollination, cross-fertilization, setting up joint initiatives or long-lasting networking.

Quoting Prof Dr J. Scheerder "In order to develop effective policy making and to set realistic targets, at the European as well as at the (sub)national level, it is necessary to gain a thorough understanding of sport participation rates, trends and differences. Yet, {...}, the information currently available does not suffice. The present report is meant to contribute to the gathering of knowledge in this field, allowing for evidence-based policy making."

This review has been made by the FROS with the collaboration of all partners. The full version of this research will be retrievable on the website www.prisonsonthemove.eu and is included as attachment (Annex 4 - Detention & sports in the countries FROS). In this full document, you find all the references.

This analysis of the approach of the organized sports sector vis-à-vis sports for people in detention in the EU-project partner countries is not a comparative research but an analysis in the national particularity, actually embedded in its typical socio-cultural environment, at stake.

The analysis is written in the respect of - quoting Prof J. Parry in 'Olympism for the 21st Century' - to consider the universal level whilst taking into account the intractable differences at the particular level. sports in detention Also seek to be universal in its values, requiring different interpretations in different cultures; 'stated in general terms; interpreted in the particular.'

The conclusion is that there is an important diversity between the different countries (and even regions within the countries) on the relationship between the sports in detention and the organized sports sector. The details of these differences are to be subtracted from the descriptions made above. The conclusion is also that the relationship between the organized sports sector and sports in detention - such as the organization of sports in general - is much dependent on, since embedded in, the societal organization of a region or country.

Many similarities though also appear from the above analyses. In general, there is no legislation on how the organized sports sector must be involved in sports for detention. Exceptionally, decrees or rulings do determine the role to be played by the sports umbrella organizations in the field of sports

in detention; these roles however being rather general and factually not implemented. Even so, no overall rulings on national/regional do exist for the uni-, multi- or omni-sports federations to structurally and systematically be involved with sports in detention. In many countries however, specific sports federations are factually undertaking sports initiatives for people in detention. This shows that the involvement of sports federations in sports for detention is accurately possible. Specific sports federations for people in detention do not exist in a pure form; organizations involved with sports in detention merely being in charge for more than sports alone (e.g. culture, employment, etc.). Also, many sports clubs are involved at the local level with sport for people in detention. These very appreciated initiatives however do not fit in the scope of this research, which is meant to reflect the 'organized sports sector' in the sense that the local community initiatives are not 'structured' on a regional/national sports federations level.

Sports in detention in the EU-project countries analyzed here above is in general based on local initiatives, community-based and socially inspired.

Also beneficial to point out is the relative similarity in the time-frame of the development of sports in detention in the countries analyzed in this research. The first initiatives on sport in detention seem to have started in the 80's of the previous century, with overall again important developments in the past decade. All EU-project partner countries are currently eager to learn more from each other with the scope of the development of sports in detention away from the ad hoc, local and punctual initiatives to a more structured approach; whether this is done through the creation of a specific sports federation, the implementation of the existing sports federations or the streamlining of existing initiatives.

During the preparation of this study, it became clear that most presumably no fundamental cross-national research was available on the initiatives of the organized sports sector vis-à-vis sports in detention. The present report is therefore meant to contribute to the gathering of knowledge in this field. It should also serve as a primary bases for further research in as well the countries here above at stake as in all EU-countries. This could allow evidence-based policy making at both a regional, national and European level set on evidence-based realistic targets. Hereby, learning from each other, understanding oneself through each other, cross-pollinating, cross-fertilization, joint initiatives and network elaboration is pre-dominantly important. I.e. dealing on the same topic in general, respecting the different approaches in particular. This is related to the three pre-dominant values of the EU on sports: subsidiarity, self-regulation and autonomy.

CHAPTER 3: Insights and conclusions on ‘sport & detention’

Within the project ‘Prisoners on the move: Move into sport, move through sport!’, two different researches were done. Both were complementary tackling the context in which sport & detention takes place in the partner countries of this project (completed with The Netherlands).

○ Sport and physical activity in European prisons: a perspective from sport personnel



Universitat de València (Spain):

José Devís-Devís, Carmen Peiró-Velert, Daniel Martos-García
Research assistants: Rodrigo Atienza-Gago and Alexandra Valencia-Peris

Collaboration: ‘Prisoners on the move’ partners

The full version of this research will be retrievable on the website www.prisonersonthemove.eu and is included as attachment (Annex 2 - Sport and physical activity in European prisons UVEG)

○ Sport and Detention



Vrije Universiteit Brussel (VUB, Belgium) in close collaboration with The International Centre for Ethics in Sport (ICES, Belgium):

Prof. Dr. Marc Theeboom (VUB), Prof. Dr. Kristine De Martelaer (VUB/ICES)
Research assistant: Zeno Nols

Collaboration: ‘Prisoners on the move’ partners

The full version of this research will be retrievable on the website www.prisonersonthemove.eu and is included as attachment (Annex 1 - Social inclusion, sport and the prison VUB)

CHAPTER 4: Sustainability, dissemination, evaluation (process management)

1. Sustainability & Dissemination

The European commission invested in the Preparatory action 2010, and specifically in the project 'Prisoners on the move'. During the 18 months of the project, all necessary actions were therefor taken to process the project. In addition, all partners invested in their local and national network for obtaining information concerning the research for the project. The results of the project, including the recommendations, will be published entirely on the project website.

To keep the information available for the wider public, the website will stay online (also after the duration of the project). Stakeholders involved in the gathering of the information, will be informed of the results of the research done. Even more, they will be able to add extra information (good practices, next practices, ...).

As part of the sustainability of the project, this will be the lasting effect of the preparatory action 'prisoners on the move'; and offering possibilities for new partnerships and projects.

Next to the digital forum, the network that was achieved through the project will be a new inspiration for future paths to be researched. E.g. collaboration between sports movement and the justice department, collaboration of universities and prisons, collaboration between justice department – sports movement and probation officers, ...

Several ways of spreading information about the project were applied. The Goal of these different methods was on the one hand spread information about the project concerning theme, contents, partners,... and on the other hand extend the network of the project with the objective of acquiring a sustainable channel for spreading information during and after the project.

Final Report, Booklet, management summary

The most obvious way for disseminating the knowledge that was obtained through the project, is by presenting the information that was gathered during the project. Next to the online documents (website www.prisonersonthemove.eu), three versions will be made for several target groups.

- A full version containing administrative/financial necessities and all material gathered during the project) will be sent to DG EAC for declaration of all the costs and efforts that were made within the European preparatory action.
- A readable booklet for PR and wider dissemination concerning the contents and theme of the project will be made by the Project Leader after administrative and financial closure of the project.

- A management summary, containing the final recommendations and the basic information on the project will be available on the website and will be spread to policy and decision makers through the established network of the project.

And as we worked together with Universities, publications (articles, chapters and books) will be made. These will always respect intellectual property as well as the partners' participation in them.

Documentary 'Free to Play'



One of the biggest investments during the project, was the making of a documentary about sports in prison. Our partner 'Sport for Solidarity' was in charge of making this small movie, in close collaboration with the Prison and Probation service of the Danish Justice Department, and Soender Omme State prison. The documentary was thus shot in Denmark, in an open prison. Ideally we would have made a comparison with another prison system (e.g. closed or half-open prison), from another country.

"Free to Play" takes its cameras away from the traditional half-way line and goes inside a Danish prison to explore sport as a form of rehabilitation. Focusing on prisoners in an open prison, this documentary seeks to investigate sports potential for social inclusion in Denmark. Discovering how four prisoners themselves experience sport as part of a structured programme. The human reality of how sport is played in prison will bring new light to an often-grey area.

The audience should remember that this is not the daily life in any Danish, or European prison. It is filmed within an open regime, and the programme as such is a unique one in whole Europe. It is therefore more a glance of how sports in prison could be organized, but is related to the specific context and regime in Omne State prison.

The intention of the documentary is to open the debate about sports in prison, and inspire viewers and policy makers with the range of possibilities that sports offer; though not unconditionally.

The full documentary is viewable on the website www.prisonersonthemove.eu and a document describing the making of... is included as attachment (Annex 5 - Free to play)

Website

The website was a logical consequence of starting a project with several partners from different countries. The intranet of the website provides the opportunity of sharing information and documents in an efficient way.

The website was during the 18 months of working together also a way of communicating about the project, its partners, process and goals.

The intention of the project leader and partners is to keep the platform operational, even after the original project 'prisoners on the move' ended its terms. The website will still be a forum for connecting people and sharing information about new items, good practices, ... De Rode Antraciet will be responsible for keeping the website online, and calls upon partners and engaged professionals to share their information through the digital forum.

To keep informed of evolutions and updates on our theme, we invite you to subscribe on our website: www.prisonersonthemove.eu

Partner meetings

The five meetings in the partner countries were complemented with local partners and insights on how sports in prison are organized in the hosts' country. The goal of these meetings was not only to work on the project, but also to create inspiring moments that could lead to new initiatives and collaborations in each country.

As we found out through these meetings, we saw that several like-minded people and organisations never even met with each other – though they were operational within the same country and working for the same target group. The benefits of holding these national meetings, were both surprising and inspiring for all partners.

The project leader got the chance to give presentations within the project meetings of other Preparatory Actions and within the transfer-meetings of the European presidency. This way the content and message of this project was further spread throughout other countries and organisations. We would like to thank the project leaders of these projects, for the invitation and the extra chances for dissemination. Special thanks to Mimosa, Spin and the Polish Presidency for Sport.

Press text

At the start of the project, a uniform press text was spread among the partners of the project. Within each text there was space for further complement by the partner of each country. This way both partner and project got extra media attention, and created the opportunity of enhancing their national networks.

Conference

For the final meeting in France, we explicitly invited specific stakeholders and policy makers at our Public conference in Paris. The goal of the meeting was to bring people together for networking, to share information about the project and its findings and to inspire people for future actions (local, national, international).

More than 70 people from 9 countries were invited; of which we welcomed 50 representatives from 8 different countries.

This final report of the project will be sent to everyone, and they are kindly asked to further spread the information throughout their own network.

The official invitation, as spread to our new network, is included in attachment (Annex 6 - Invitation Public Meeting Paris)

Colloquium Belgium

After the experience of leading the European project 'Prisoners on the move', De Rode Antraciet will host a colloquium in Flanders at the beginning of 2013. The goal is not only to spread the findings and recommendations of the 18 months in the project, but generally inspire people with for 'sports and detention'.

On this colloquium there will be time to look at the past, present and future of sports in prison; bringing people together to collectively work on a better social inclusion of prisoners in Flanders.

The colloquium will be open to all people interested and will be spread to stakeholders from departments such as Education, Culture, Employment, Wellbeing, Healthcare,...

During the project, the collaboration with The Netherlands was an inspiration to remain in contact and furthermore elaborate exchange of experiences. The colloquium will be a first step in this collaboration.

Meetings

Some of our partner countries will host meetings for their own network in order to share the results of this project with them.

2. Project Evaluation (process management)

The project 'Prisoners on the move: move into sport, move through sport' was for many of the partners a first experience in a European project of this size. The format of managing the project and thus also spreading the working budget over several actors and countries (dividing responsibilities,

without binding authority for one partner) was therefore a challenge for both partners and project leader.

Therefore, we find it very important to include some reflections that were made during the project. We are happy to include some reflections from the project partners and we hope to inspire others in the organization and running of their projects.

Reflections of the project leader

At the start of our project “prisoners on the move” the cooperation between our project leader and our organization ended. Of course, the impact on the kickoff of the project is not to underestimate. A lot of knowledge had to be transferred in short time, new project leader had to be indicated and new personnel had to be recruited.

Despite this dire situation, our first meeting in Belgium was a success. All core and supporting partners were there and we organized 11 workshops, mainly given by external people. The project started well, but despite the dedication and hard work in our organization, we kept feeling the effects of the above situation throughout the project.

Until today, we are very happy about the many different partners we worked together with. All our European partners had own responsibilities and their own working budget. Apart from our European partners, we are proud about the many Belgian partners that worked together with us in this European project. But honestly, the coordination of 12 different partners is immense. Everything is linked to each other which makes it very hard to have a natural way of working. Very easily you encounter the need for small changes, which are not so easy to solve. We always stayed on top of things as project leader, but a lack of time made it impossible to keep all partners constantly up to date. Communication to partners was limited to relevant information for their work.

Our organisation choose to lead this project on top of the core business and responsibilities in Flanders. Motivation for this choice were the shared responsibilities and tasks over all the partners. It didn't take 18 months to find out that leading a project like ‘prisoners on the move’ was in itself preferably a fulltime job. De Rode Antraciet therefore took extra measures to come to a relevant equivalent (more than fulltime in total) to solve the issues take already occurred. A conclusion we very early made, and communicated about in an information session to interested Flemish applicants for EU funding, is that preparation and clear expectations are fundamental for a relevant equivalent of ‘project leader’.

The goals in our project were very attractive and interesting, but creating a website, 2 University researches, one extra research, an entire movie and all the meetings were in fact too much.

The above information explains why we had a hard time keeping up the work despite our efforts. It might be clear that an inconvenient start is hard to solve in a relative short term of 18 months. But, as we deliver this final report, we are very proud and confident with the results we have accomplished.

By conducting the research for the project, several new paths and contacts were established; even opening doors that were closed before the project. It was sometimes surprising that obvious but inexistent relationships were inspired by contacts through the content of ‘prisoners on the move’, establishing new partnerships for the future. This will be one of the most clear points for the sustainability, lasting after the duration of the project.

The contacts with the European Commission gave us, while managing the process of the project, the positive spirit to continue the project in the best way possible. The advantage of having the main secretary of DG EAC in Brussels, was crucial in establishing transfers within the budget and clarifying the financial administration of the project.

Of course our partners also felt the difficult situation at the start, throughout the project. But great efforts brought us to these very satisfying results.

When asking reflections/feedback from our partners, we received some of the Prison and Probation service of Denmark. Of course we include this entire document in our final report.

You can find it in the annexes (Annex 7 – Feedback Prison and Probation Denmark)

CHAPTER 5: Recommendations to decision makers and preparing future actions in the field of 'sport and detention'

1. Policy determination

- Recognise the fact that the **added value** of sports in relation to the penitentiary system can go beyond physical health improvement, also social inclusion, personal and social development, ...will improve. However be aware that this added value will **not** be **unconditional**.

(national/regional/local level)

- Develop a long-term **vision** regarding the position and use of sports 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 sports 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)

2. Policy implementation

○ 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)

- The most important statement of the FROS report concerns the existence of different configurations of sport practices in prison and their connections with society. The main cause of this is the variety of organisations of prison and sports systems in Europe, as well as the different ways in which the public and private spheres are articulated.

An **umbrella network that would be at the top of the entire system** in each country would be relevant. This organisation could, at the very least, provide a permanent place for discussions and dedicate itself to collect feedbacks on (inter)national projects and joint experiences. Its primary goal would be to gather various actors of sports in prison, so that they are able to share their knowledge and exchange their experiences.

This organisation could also have a role of observation and assessment of the various actions undertaken. Yet it has to be noted that it would be very difficult to evaluate the sport effects on the re-integration of prisoners, because of their right to anonymity once they are released.

(national level)

- 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)

- To extend the consideration of physical activity and sport beyond the recreational role assigned in the legal regulations of several prison systems. That is to say, **to assign an educative role** to these activities equivalent to the formal education or school.

Several social values can be promoted through physical activities and sport that may contribute to future inclusion, especially when considering these **activities part of the treatment and equivalent to formal education** or school.

The sport movement should get closer to the prison authorities and other institutions responsible for the inclusion programs to encourage general inclusion. this could lead to the use of sports as an **additional tool for the inmates' integration**. In this case, the **sport's object logic should be given up for the benefit of a sport's subject logic**: sport should become a real meaning of inclusion and not just a way to keep inmates occupied

and to preserve security in prisons. This switch of logic should lead to the development of an offer of pedagogical tools articulated with this aim.

(national/regional/local level)

- **Importance of sport as a training medium for inmates.**
Increase personal resources that can be used by inmates outside prison, such as sport certifications, to facilitate future inclusion. It would not be required to create a specific curriculum because of the cumbersome of such a measure, but to offer the existing curricula to this target group.
 - The training model provided in STAPS (University education in the field of sport) could support this kind of adaptation as an example for France.
 - Another example could be a 'trainer' degree in a specific sport, such as offered by the Flemish Trainer School (VTS).

(national/regional/local level)

- More **participation of inmates in community events**, inside and outside prison, are necessary to connect prison life with social life as bridges towards inclusion.

(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. Through our study we particularly see in countries such as Belgium-Flanders, Denmark and Romania, that this could improve the effects of the sport activities and programs.

(national/regional/local level)

- Make sure that **other prison staff members** are informed and aware of the potential values of sports within the prison setting.

(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)

- Through our research it became clear that **sport facilities** should be renewed, especially in Romania and Spain, and an increase and renewal of **sport equipment** is also necessary in European prisons, especially in Romania, Spain and The Netherlands.

(local level)

○ **Sport programs**

- Enable **flexible and creative program designs** that will allow 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)

- Establish **forms and strategies of professional development** to improve the planning and development of physical activities and sport. The elaboration of an explicit written planning of the objectives, activities, methodological strategies and assessment tools coherently fitted should be a habitual professional activity among sport personnel.

(local level)

- **Planning should be understood as proposals** for professionalization of actions and development as a practical test of the planned in order to readjust them when necessary.

(local level)

3. Knowledge and expertise

- 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)
- 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)
(local level)

- It appears that one of the primary needs is to **build on prisoners' demands and requests. They ask for socialisation, and sport game is one of the major vectors of socialisation.** As a result, sport enables them **to meet people who do not belong to the prison environment**, as well as to integrate the rules and understand their benefits.
(local level)
- In order to overcome the fears related to security, **adapting the practice of some group sports could be relevant**, namely by imagining lighter formats, with less duals and direct opposition. Using football as an example, these adaptations could take the form of football-tennis or the use of a futsal ball.
(local level)
- **On an individual level, inmates are also in demand.** Indeed, they face problems regarding their bodies, their physical appearance and movement as an expression of freedom or escape. We can also note the success of weightlifting equipment, which shows the importance of individual needs. However, the sport activity investments continue to be limited, particularly with regard to the spaces used for practising. **Relevant authorities could therefore invest in the installation of exercise bikes, for example, in order to promote individual sport practices**, in addition to group activities.
(local level)

4. Sport & detention in Europe

- For the last 18 months, the European project « Prisoners on the move: Move into sport, move through sport ! » has brought together experts, public and private actors involved in the fields of sport, prison and/or social inclusion. In addition, a lot of stakeholders have attended the meetings and contributed towards the achievement of the project. As a result, the implementation of a European network based on this project could be of great relevance. This network could do some **lobbying to foster the development of sports programs in prison, spread the idea that sport practices could be a relevant tool for inmates' social inclusion, organize conferences**, etc. This type of network already exists on gender equality in sport: the EWS European Women and Sport
- In order to identify European good practices in the fields of social inclusion through sport and collaboration between justice and sport sectors, the European Commission could launch a European call for proposals. This call could contribute to **a more extensive and profound knowledge** of sport programs in prisons in Europe.

Following the same idea, the European Commission could implement a set of European studies, in partnership with Member States and the Ministries of Justice.

More **long term follow-up studies that include before and after incarceration** periods are necessary to know and understand more about social inclusion and offender recidivism. After 18 months, the time devoted to 'Prisoners on the move' project, was not enough to arrive to any empirical conclusion about social inclusion through sport and physical activity interventions. We need to develop a longitudinal study that starts at prisons and follows up beyond them to evaluate social inclusion effects and to understand the process and mechanisms by which it is achieved. It is a recommended task to develop in the future through a new project lasting three or more years.

- 'Sport & detention' is in its core a story of partnerships and networks; not merely because in every country it covers literally several policy departments. However, it became clear that the collaboration and involvement with specifically the broader sports sector is structurally inexistent.

A match with several other recommendations suggests that **the collaboration with the sports sector is crucial** for the transition from detention to post-detention; facilitating a successful return to society.

The European Commission, as a complementary organ that inspires several nations, could play a **fundamental role** in bringing together a network of partners that encourages participation from the collective responsibilities (Sport, Wellbeing, Health, Justice,...) and thus providing new grasps for 'next practices'; using sport as a mean to achieve.

5. Comment on the recommendations

We find it relevant to underline that not all of the recommendations are based on or deducted from our investigations, but are recommendations that represent a viewpoint, a position on the given subject.

We would like to thank our different experts and our partners for the great input. Thanks to them and their hard work, we can proudly deliver these recommendations.

Annexes

Annex 1	Social inclusion, sport and the prison VUB
Annex 2	Sport and physical activity in European prisons UVEG
Annex 3	Sport landscapes FROS
Annex 4	Detention & sports in the countries FROS
Annex 5	Research VUB and ICES
Annex 6	Free to play
Annex 7	Recommendations Sport And Citizenship
Annex 8	Invitation Public Meeting Paris
Annex 9	Feedback Prison and Probation Denmark
Annex 10	Timesheet project members
Annex 11	Financial report
Annex 12	Accountancy Statement