



SPORTS

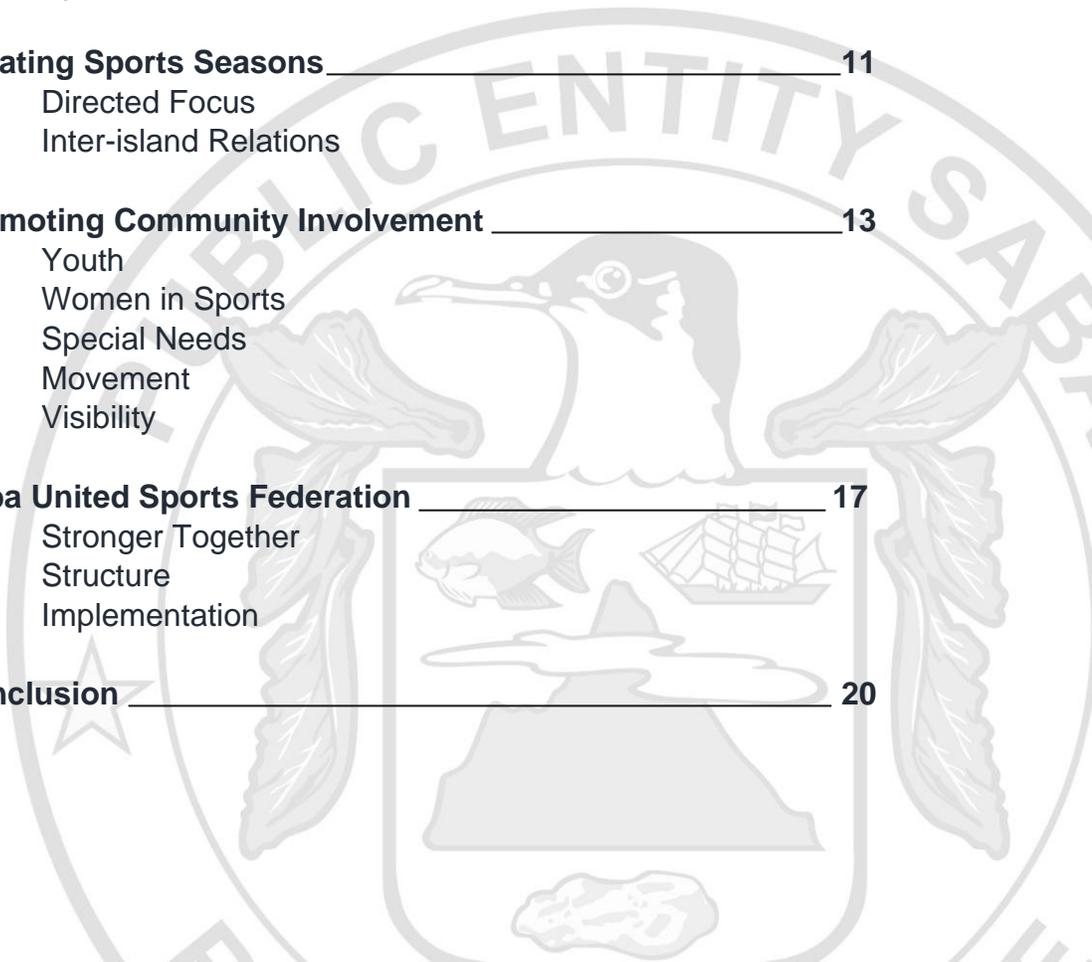
POLICY

2022-2025





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I. MESSAGE FROM COMMISSIONER ROLANDO WILSON



It is a great pleasure for me as your Commissioner of Sports to present to you, the publication of this Sports Policy which I believe is extremely important to the Saban community. It was created following consultations with the various stakeholders where it sets out a three-year vision for sports on our island (2022-2025). Hence; this policy can be deemed our blueprint or guide for the overall enhancement of sports on Saba.

The value of sports and recreation on our island simply cannot be overemphasized. Not only are they fundamental in improving our health and fitness levels but they are also the key to keeping our community constructively occupied. Much more than this though, is that it provides our young people with the hope that they will be able to compete locally, regionally and internationally

in various sports disciplines. Indeed, it is through exposure to these competitions/disciplines that the skills and talents of our youth will bud, nurture, mature and be elevated to a standard that will inevitably create greater opportunities for them to win competitions. As one of the most successful basketball players, Michael Jordan reminds us:

“Talent wins games, but teamwork and intelligence win championships.”

As sports continue to develop on the island, one of the main goals moving forward is to make sports more inclusive; specifically targeting women, persons with disabilities, and senior citizens. The benefits of sports and physical activity are clear and I would love to see every Saban engaged in some form of regular movement.

It is important to note that this vision cannot come into effect by Public Entity Saba only but it requires the collective effort, commitment and higher level of cooperation of everyone. Therefore, with the awareness that sports are essential for our people’s health and that it contributes to various aspects of our personal development, I look forward to us making sports a priority to improve our lifestyle here on Saba.

Sincerely,

Rolando Wilson

Commissioner of Public Health & Sports

II. INTRODUCTION

It is widely acknowledged that sport and health, in its most holistic sense, go hand in hand. The World Health Organization (WHO) has long suggested that physical activity is proven to help prevent and treat non-communicable diseases such as cardiovascular disease, stroke, diabetes and cancer. Moreover, sport is also known to prevent hypertension and overweight/obesity along with improving mental health, quality of life, general well-being and community engagement (WHO, 2018).

The Public Entity Saba (PES) acknowledges the evident benefits of advocating for and facilitating a strong sports culture on Saba for both individuals and the community. Reflecting on the Public Health on Saba 2019-2022 Report, which showed 40% of Sabans are not getting enough physical activity, one sixth reporting damaging alcohol consumption and one quarter of adolescents experiencing behavioral, social and/or emotional challenges, PES, in particular the Public Health and Sports Department has explored ways to counteract such alarming results.

Investing in the advancement of sports on Saba offers a unique opportunity to address the previously mentioned challenges in an accessible and inclusive manner. PES has therefore outlined a clear vision for the future of sports on Saba—to use sport as a means to a healthy lifestyle and encourage sports as an empowerment tool. Sports can be a method to teach life skills, as an alternative way of exercising and to promote positive social interaction.

By prioritizing sports on Saba, the department contributes to achieving the United Nations' 2030 Agenda for Sustainable Development, an agreement which Saba feels a responsibility to align with as a Special Municipality of the Netherlands. Throughout this document certain policy goals will be explored through the lens of specific Sustainable Development Goals (SDG), namely goals 3.5, 4.a, 5 and 17.4.

Sports have always been a major component to life on Saba. Children are introduced to sports as a recreational activity from youth programs, continue on to competitive teams in secondary school, and many remain involved throughout adulthood. The main sports currently recognized on Saba are basketball, volleyball, soccer, and softball/baseball. Other sports occurring regularly are running, cycling, swimming and boxing. These sports occur in the designated facilities used for sports: Cruyff Court, Princess Juliana Sportsfield, and/or the Gym in St. John's.

As Saba changes and grows, so must sports on Saba to continue serving the community in the most effective way. In order to move forward, sports on Saba need more focus. The intention of this Sports Policy is to be the vision, create structure and a clear direction to achieve a higher level of sport. and in turn reap the societal benefits that such an investment has on the wellbeing of a community.

SPORTS POLICY

Sports can have many functions in a community: recreation, exercise, profession, economic stimulation, and social activity. The goals of this policy are as follows:

- Set a clear framework for overall sports federation
- Expose the population to a wider variety of sports for broader perspective
- Encourage the community to get involved
- Reduce barriers to participation and organization of sport
- Encourage inclusivity in sport
- Encourage better collaboration between all stakeholders in sports
- Promote integrity, respect, inclusion, discipline and leadership through sport

GLOSSARY

BLOC Test – Balance, Locomotor, and Object Control Test

BYOI – Be Your Own Icon

EC² – Expertise Center Education Care

PES – Public Entity Saba

PHD – Public Health Department

SCS – Saba Comprehensive School

SDG – Sustainable Development Goal (United Nations)

SHS – Sacred Heart School

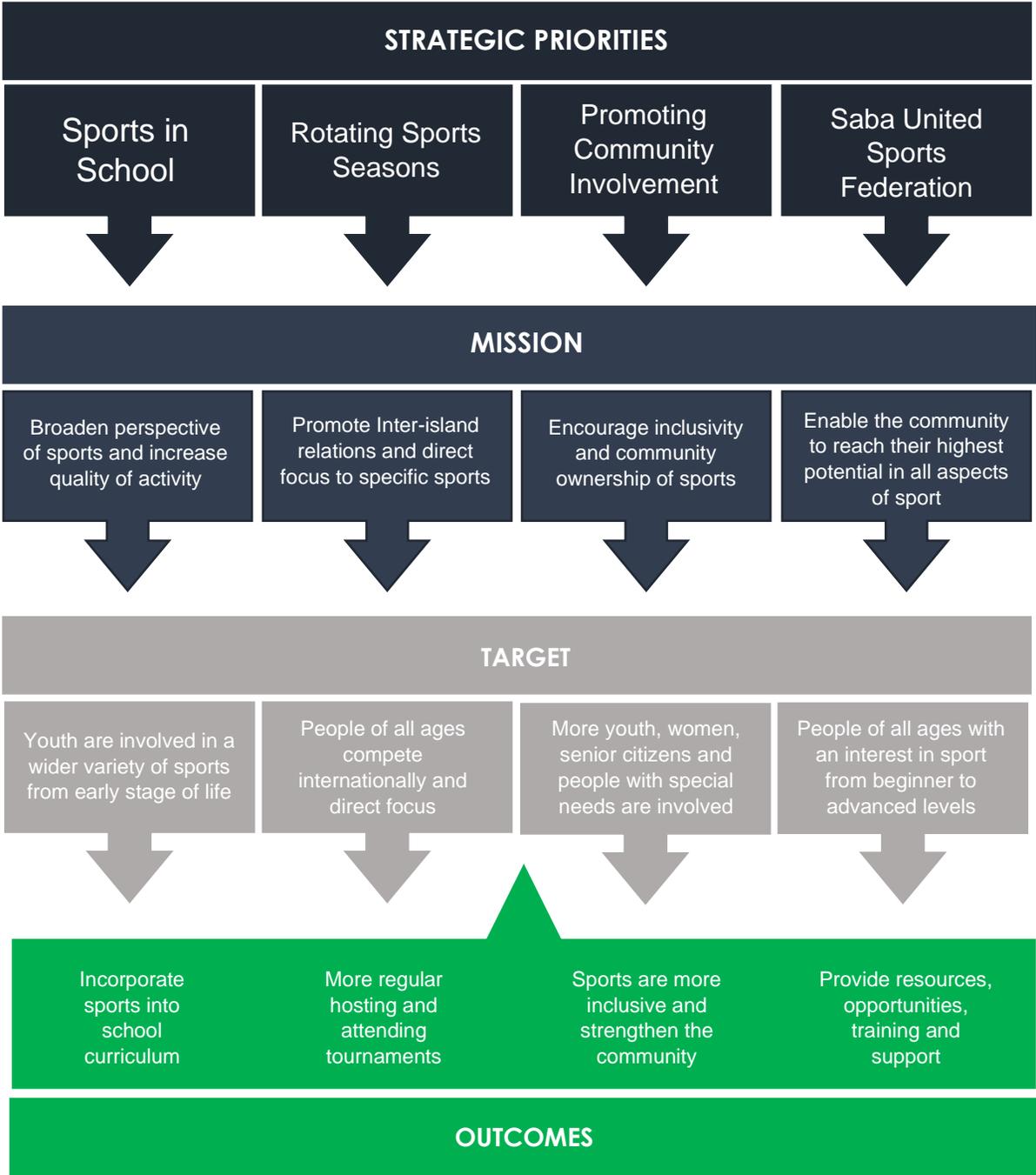
Saba United; SUSF – Saba United Sports Federation

SVA – Saba Volleyball Association

WHO – World Health Organization

III. PLAN ON A PAGE

Saba: To use sport as an empowerment tool to promote a healthy lifestyle, teach life skills, and encourage positive social interaction.



IV. OVERVIEW OF POLICY

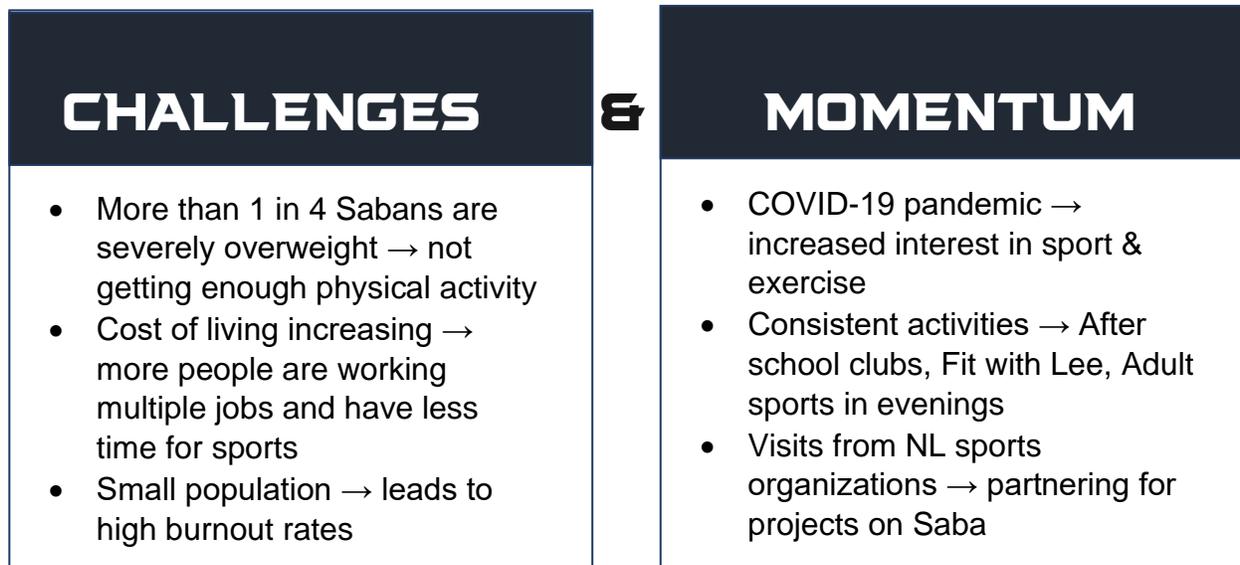
The sports policy has four key priorities to be implemented, necessary for a strong foundation in continuing to develop sports on Saba.

The priorities are:

- **Sports in school**— Explore wider range of interests and talents. Exposure to variety of sports.
- **Rotating sports seasons**— Targeted focus. Strengthen inter-island relations.
- **Promoting community involvement**— More initiative and participation from Sabans.
- **Saba United Sports Federation**— An organization focused on supporting sports on Saba to the highest level.

The outcomes that should come from these priorities are:

- Sports will be incorporated in the gym class curriculum in the schools.
- Saba will focus on one sport for 3 months, then rotate to the next. Saba will also host and attend more inter-island competitions.
- More people feel empowered to organize sporting events. More people feel welcome to participate in sports.
- The Saba United Sports Federation exists to promote sports and use them as an empowerment tool to promote positive social interaction.



V. FACILITIES

There are 3 facilities on Saba specific for sports. Each facility has a wide range of users that vary in age, from toddlers to 60+ years old, and are consistently booked with various activities.

1. Johan Cruyff Court
2. Princess Juliana Sportsfield
3. Gym in St. John's

It is important the community takes responsibility of the facilities as they are for the people of Saba. Each facility has a clearly defined management and maintenance plan, but users should also feel a sense of ownership to use them properly.

Johan Cruyff Court—

The Johan Cruyff Court has many functions such as being used for gym class, after-school activities and clubs, group fitness classes, recreational soccer, recreational softball, recreational volleyball, school events, government events, independent events, and for general exercise such as walking/running laps.

The court was recently resurfaced (April 2022) which provides a safer facility for sports, exercise, and recreation. The diagram below shows the new Johan Cruyff Court after renovation. New additions to the court are volleyball court lines, 2 lanes for running/walking around the perimeter, and more netting at the back of the field.



Future plans for the Cruyff Court include both functional and beautification projects such as:

- Purchase land in between field and Zaegers house for further development
- Landscaping by the front gate
- Painting the bleachers

Princess Juliana Sportsfield—

The Princess Juliana Sportsfield is regularly used for sports and other activities. At the beginning of 2021, new basketball goals arrived and the basketball court lines were all repainted. The sportsfield is occasionally used for cultural events such as the Summer Festival, Saba Day, and concerts so updates to the kitchen were also made that would benefit both sports and these cultural events.

In the future, more upgrades are planned to improve seating, build a second level above the kitchen for visiting sports teams/musicians/etc., create more exits that can be utilized in case of emergency, invest in new lighting, expand the women's restroom, upgrade the kitchen, and purchase a metal, collapsible stage.

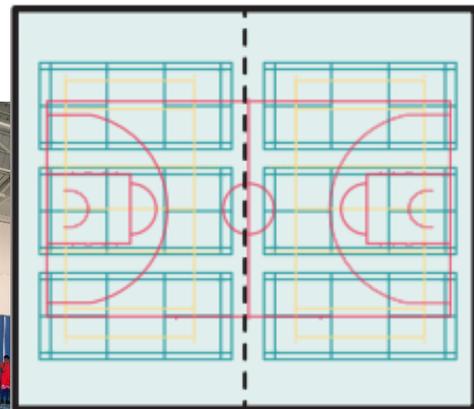


The Gym in St. John's—

The Gym in St. John's is the most used facility on the island. During the day, both Sacred Heart School and Saba Comprehensive School use the gym for their physical education classes. The schools also have assemblies in the gym on occasion. Every afternoon there are club teams that practice boys basketball, girls basketball, baseball and soccer when the weather does not permit outdoor trainings. In the evenings, many adults make use of the gym with basketball on Mondays, Tuesdays, and Saturdays and volleyball every Wednesday.

Minor improvements such as adding a keypad on the front door to make it more accessible, re-opening a door to allow better air circulation, and covering exposed electrical outlets will allow the gym to stay functioning for now.

Major renovations are needed for to keep up with the demand for gym usage. According to the United Nation's 17 Sustainable Development Goals, Goal 4 – Quality Education and target 4.a states education facilities should be built and upgraded to ensure they are inclusive and effective environments for all. The proposed idea is to completely rebuild the gym with more floor space, new basketball goals and volleyball system, better air circulation, a different style of roof that will not leak when it rains, more seating for spectators, an easily visible scoreboard, team rooms, and a concession stand.



Facilities Needed for Further Development—

Saba currently only has the basic facilities necessary in regards to sports. For further development of physical activity and sports there are a few more amenities which would be beneficial to the community:

- Swimming Pool
- BMX Facility
- Beach Volleyball Court

Over the last two years, there has been an increase in swimming on Saba with twenty-five people receiving either an A, B, or C swimming diploma. The ability to swim is a necessary skill for safety, especially when living on an island. Many locals have also taken an interest in the Saba Triathlon and have therefore begun to swim regularly for sport. A swimming pool is necessary to incorporate swimming lessons into school curriculum so every child learns to swim, for rehabilitation and training purposes and recreation.

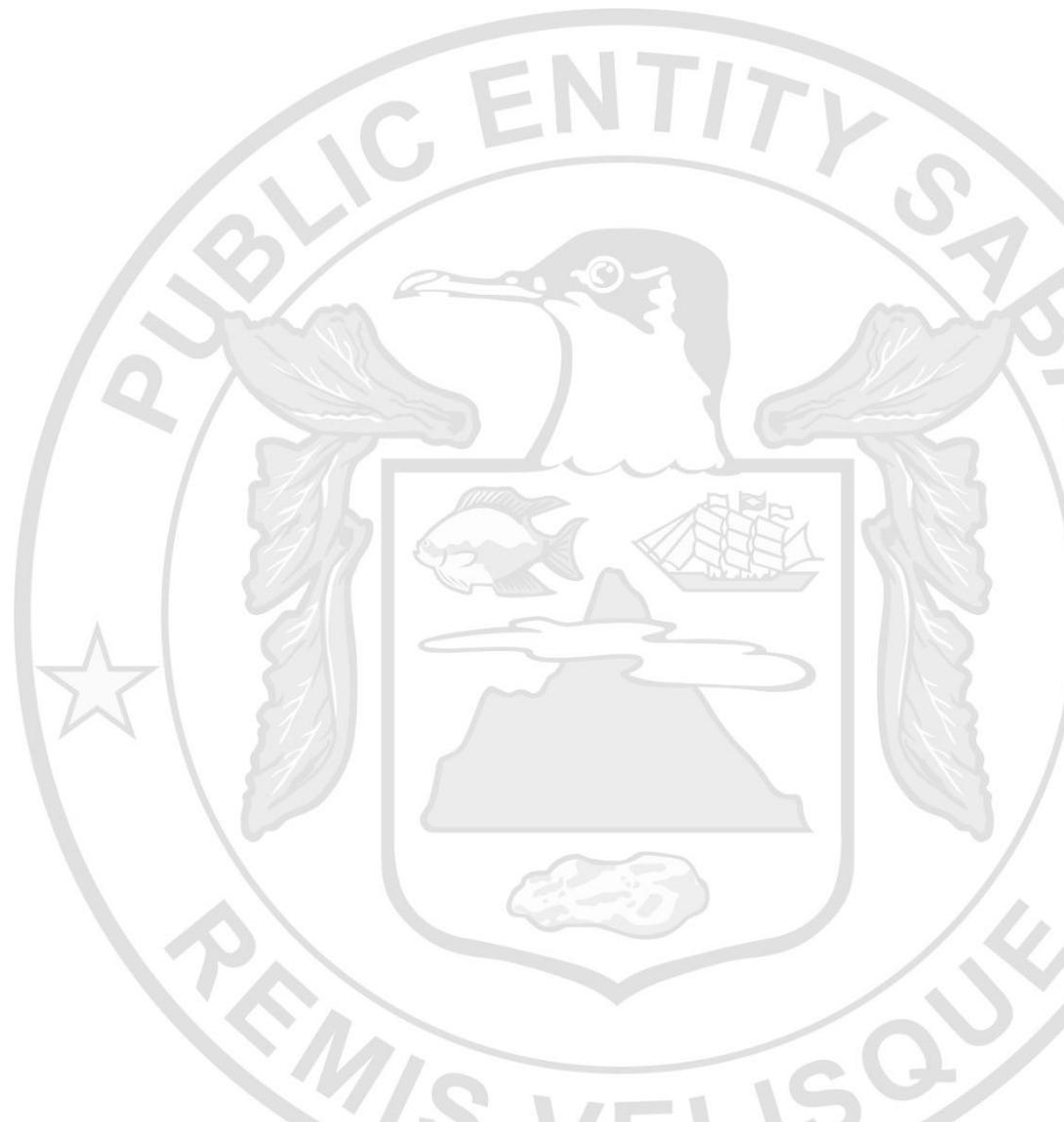
Many youths on Saba are constantly on the road riding bicycles and scooters. A BMX facility would encourage these activities to continue, but in a safer environment. Incorporating a dirt bike trail would also expand the usage and reach another audience, making this facility a valuable investment opportunity.

Another facility that would add value to the community is a beach volleyball court. There are several sports that can be played on a sand court including: beach volleyball, beach handball, beach tennis, and beach soccer. Many neighboring islands have sand sports and provide an opportunity for Saba to participate in more inter-island competitions.

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VI. SPORTS IN SCHOOL



SPORTS IN SCHOOL

GOAL: The long-term goal for incorporating sports into school curriculum is to provide a lower level of entry to sports, expose kids to a wider variety of sport, teach valuable skills such as teamwork and healthy competition, create a more natural bridge between youth and adult sports, and ultimately get more kids active.

TARGET AUDIENCE: Students at the primary and secondary schools will be directly affected.

ACTIONS: The Sacred Heart School will work with a process coordinator to incorporate sports into the gym class curriculum. Ideally, the Saba Comprehensive School would also adopt the new curriculum in their gym classes on an appropriate level. The BLOC test is implemented in both schools to inform which sports could be used to improve skills.

Intentional Movement—

Gym class is an integral part of the school day for all students. Physical activity is necessary to keep students focused throughout the school day and contributes directly to their health. Students in the primary school currently get 45 minutes of gym class, two times a week and students in the secondary school get 1 hour and a half of gym class, once a week.

Intentional movement is necessary to provide the most effective gym class for all students. In 2022, the BLOC Test was introduced at both schools. The purpose of the BLOC Test is to improve the quality of education for children by monitoring their fundamental movement skills. Once children are physically literate from a young age, the likelihood of having an active lifestyle as an adult increases.

The simple assessment is performed by having students complete four exercises and results are automatically generated into useful reports. The data collected during the BLOC Test will be used to inform effective areas of focus for gym classes in the primary school. The secondary school will use the data on a more ad hoc basis—such as statistics for informing various sport organizations of athletes' capabilities. The Public Health Department in collaboration with both schools can monitor development and identify areas for focused, intentional movement in gym classes.

The current subsidy for physical education—Impulse and Innovation for Physical Education aims to examine how children can become more active throughout the entire school day, including during classes and breaks. High quality gym classes and after

school sports clubs will stimulate more children to be active and is an imperative component to a healthy lifestyle.

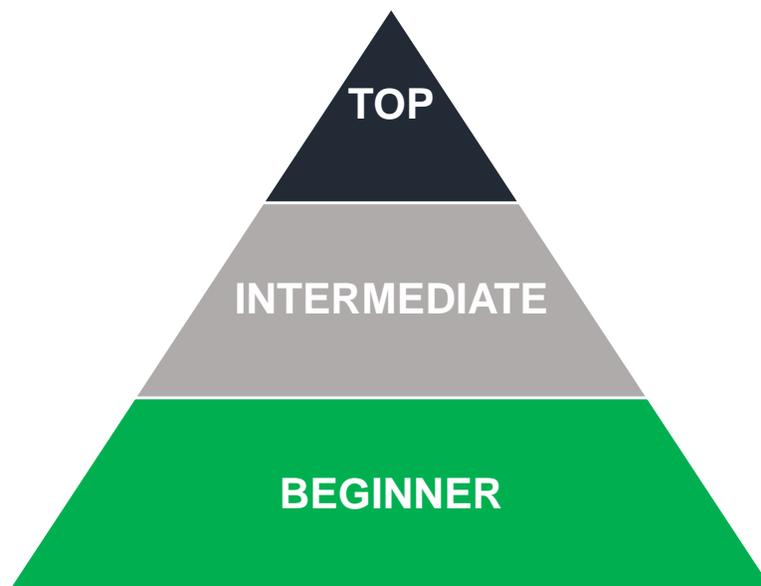
Sports in Curriculum—

Students on Saba are currently involved in three sports on a regular basis—basketball, volleyball, and soccer. Few choices lead to each sport having a large group of participants. This can be intimidating to students interested in trying a sport for the first time. In an effort to make them more accessible, less intimidating, and more enjoyable sports will be incorporated into the gym class curriculum.

Every school year, gym coaches will identify specific sports and movements to spend three weeks on each teaching the rules, practicing associated skills, and playing. Exposing the children to a wider variety of sports will broaden their perspective. Many students may find they enjoy the non-traditional sports more and are able to be active in different ways. Some ideas of sports and movements the gym classes can explore are:

- Basketball
- Volleyball
- Soccer
- Base/Softball
- Tennis
- Badminton
- Ultimate Frisbee
- Ping Pong
- Pickleball
- Running
- Catching & Throwing
- Jumping
- Hand-eye Coordination
- Lateral Movements
- Kicking

Promoting physical activity and a variety of sports from a young age will likely encourage people to stay active into adulthood. Currently, Saban athletes are on average at an intermediate level of sport. More focus at an early age could make a difference in Saba also producing top level athletes.



Sports as a Tool—

Sports can be used as a method of recreation and exercise, but they can also be used to provide an environment for positive social interaction. Some children use sports to entertain themselves, but others are looking for something to feel a part of and/or as an avenue to create friendships. Sports provide an opportunity for some people to interact who may have never crossed paths otherwise.

Sports can be used as an empowerment tool to promote people investing their time in activities to ensure a healthy lifestyle and promote well-being. Increasing the sports offering and encouraging positive social interaction at all sports functions is the PHD's vision for adopting the United Nation's SDG 3.5 to strengthen prevention of substance abuse, including narcotic drug abuse and harmful use of alcohol.

Be Your Own Icon is a program that started on Saba in 2020. The goal of this program is to identify youth who have had behavioral issues and lay a foundation for a bright future by using sports. On Saba, BYOI functions in collaboration between the Public Health Department, Ministry of Justice and Security, and SCS through the boys' basketball team. There have been three coaches who have been specially trained to facilitate the program for the 14 boys identified by various stakeholders. The relationships formed between the players and coaches has created a space where the boys feel comfortable discussing their personal lives and coaches can act as mentors for them in basketball and in life.

In addition to helping form new relationships, sports can be a tool to bring awareness to and begin developing valuable life skills. Athletes, coaches, and parents can learn teamwork, responsibility, leadership, and communication from each other— to name a few.

RECOMMENDATIONS

1. Expand the Be Your Own Icon program –

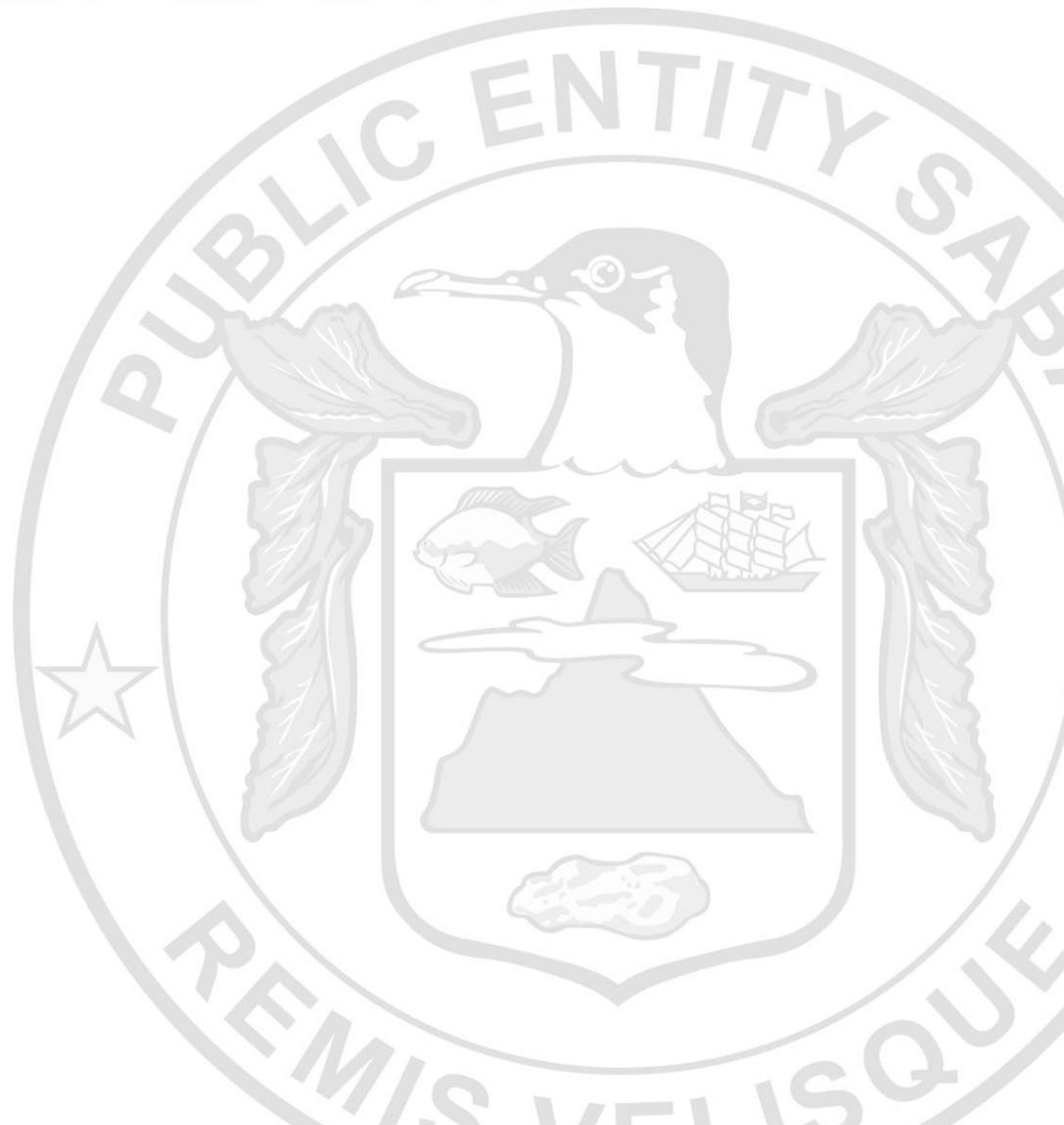
This program has been successful with the first group and has opportunity to expand. Work with stakeholders to identify more male and female participants who would benefit from mentorship and a safe space through sport.

2. Continue BLOC Assessments bi-annually –

The BLOC Assessments provide valuable insight for the PHD and both schools. Continue the collaboration and perform BLOC Assessments two times per school year, providing informative results to students, parents, and teachers.



VII. ROTATING SPORTS SEASONS



ROTATING SPORTS SEASONS

GOAL: The long-term goal of having rotating sports seasons is that focus can be directed to one sport at a time. Opportunities will be sought for the specific sport for a three-month period (based off four main sports). Rotating sports seasons is also a system neighboring islands are currently using so it would increase inter-island possibilities.

TARGET AUDIENCE: The entire Saba sports community.

ACTIONS: Create starting and ending dates for each sports' season and communicate with stakeholders and appropriate islands. Sports seasons will help inform financial decisions related to funding requests.

Directed Focus—

Currently, Saba sports teams participate in trainings, games, and tournaments as they are presented. The goal is for each sport and team to have equal attention and opportunities. Rotating sports seasons would be structured as follows:

- Recognize 4 main sports: basketball, volleyball, soccer, and base/softball
- Identify neighboring island to align schedule of rotating seasons with
- Each sport will have 3 months from start to finish for focused attention on trainings, games, tournaments and inter-island competition

It is important to note rotating sports seasons does not mean sports in “off-season” will stop. The sports not in season will still train regularly and can participate in competitions, just that direct focus, support, and time will go to the sport in season.

Focusing efforts towards one sport at a time should lead to more effective trainings, more opportunities for that sport, and an even balance between all sports.

Inter-Island Relations—

Aligning rotating sports seasons with a neighboring island such as St. Eustatius will automatically increase the number of sports teams available to compete against. Inter-island relations can also increase motivation for each sport. When Saba sports teams see the possibility of competing against other islands they will be encouraged to train more consistently and reach their highest potential.

One of the many ideas discussed in the Memorandum of Understanding between Saba and Sint Eustatius 2021-2024 is to organize regional sporting tournaments and competitions, where local champions are invited to travel and compete against the winners in St. Eustatius with the opportunity to expand to Bonaire in the future.

These kinds of competitions allow people to interact with other islands and their people, culture, and sports programs/organizations.

RECOMMENDATIONS

1. Invest in local trainings –

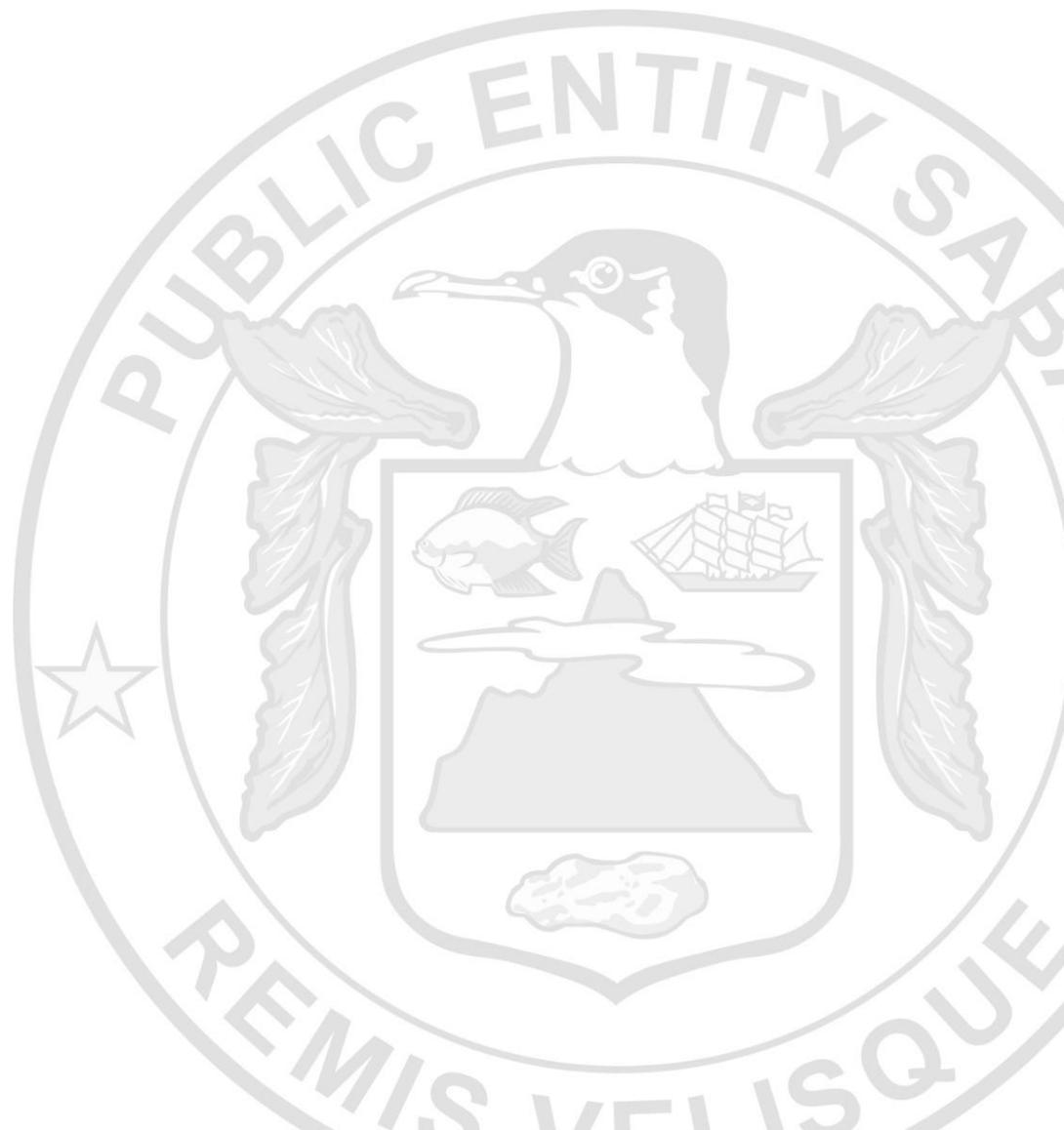
Trainings should be offered to local coaches and referees. These trainings will provide resources and increase confidence in locals' ability to carry out these responsibilities. Agreements should also be made when a local participates in a training to contribute back to the sports community in some way.

2. Organize tournaments –

PES can stimulate organized sports tournaments by setting dates at the beginning of each year to host one tournament per sport. This should encourage other organizations and individuals to coordinate their schedules to have complimentary activities/events around the same time or ensure events are more evenly distributed throughout the year.



VIII. PROMOTING COMMUNITY INVOLVEMENT



PROMOTING COMMUNITY INVOLVEMENT

GOAL: The long-term goal is to create an inclusive environment around Saba sports by encouraging the community to take initiative in planning, supporting ideas/events through the Funding Request Policy, and specifically focus on marginalized target groups to stimulate more involvement.

TARGET AUDIENCE: The entire Saba sports community.

ACTIONS: Continue utilizing the Funding Request Policy to encourage the community to be more involved in all aspects of sports. Connect and activate stakeholders by organizing monthly meetings.

Youth—

The youth are the most active segment of the community. There are three organizations coordinating 30 activities weekly encouraging physical activity or sports for the youth. Saba Nature Education leads hikes for youth, Saba Comprehensive School organizes after-school clubs, and Child Focus offers a few options for physical activity and sports.

Child Focus Foundation currently organizes dance classes, boxing, basketball, soccer and Saba Fit. There are 120 children (4-12 years) registered to participate in these sports and activities, but attendance fluctuates due to inconsistency in schedule and bus transportation. It is vital to develop a more dynamic physical activity/sports program for the youth as research from 2022 shows one in three children on Saba are overweight or obese.

Child Focus is planning to pilot a program guided by various members of the community leading the sports activities. As more people are involved, there will be less burnout among coaches/leaders and therefore more consistency in activities.

When Child Focus offers the community an opportunity to be a more involved in the organization, youth will see parents, guardians, family, and friends choosing to invest time in them. Children will be more motivated to attend sports practices, give their best effort, and continue being active when they see their community taking an interest. Getting youth active early will lead to higher engagement in sports as adults.

Women in Sports—

At the time of writing this policy, there are 25 women participating in organized sports on a weekly basis. Sports on Saba are primarily dominated by men, which makes joining intimidating for some women. A goal of the PHD is to make sports on Saba more accessible for all and “achieve gender equality and empower all women and girls” as

expressed in Sustainable Development Goal 5. There is a large interest among the women on the island in softball and soccer. A female-led group recently took the initiative to start a women's soccer team, reaching a new target audience and creating an option for low barrier to entry sports.

Many women enjoy sports and prefer participating in sports as a form of exercise over more traditional methods. Future plans include starting an all-female softball team in the coming months. Sports on Saba will be more inclusive by offering some sports trainings for women only and creating more casual sports for co-ed participation.

Special Needs—

All people can greatly benefit from the exercise, energy release, and pure enjoyment of being active and playing sports. When adults and children participate in physical activity it helps develop and boost self-confidence, improve cognitive health, control weight, increase emotional health, and improve social and motor skills.

On Saba, there are not currently many opportunities for people with special needs to have an active life. Proper facilities are necessary to provide equal opportunities to this target group as they are important to furthering development.

EC² is an organization that has served as the primary resource for youth with special needs on Saba for the last 10 years. Based at the school in St. John's, EC² provides various assessments and evaluations, screenings for Dyslexia, checklists for teachers, and behavior modification plans.

Sport coaches and therapists at EC² should work in close collaboration to provide the best opportunity for people with special needs to fulfill their potential for intellectual, emotional, physical and social growth. In 2022, Saba was invited to participate in the Special Olympics – Netherlands for the first time. The benefits for the athletes who participated in this experience were clearly evident. PES plans to partner with the Ministry of Health, Welfare, and Sport and EC² to continue Saba's involvement in the 2024 Games and the following years.

Movement—

Movement is the precursor to physical activity and prepares people for participation in sport. Currently, there are many options on Saba to begin moving as a starting point for sport. Some of these activities include: exercise at the Fit Park, Fit with Lee, Roxy Dance classes, hiking on various trails, going for swims, and making conscious decisions such as walking to the shop instead of driving. Future plans to continue stimulating general movement within the community include creating a FitTrail along the Wells Bay road where people who are already making use of the relatively flat space can also stop along the route to incorporate basic exercise into their walk and/or run.

The PHD began the Day Care Movement Program in March 2022 because when motor skills are stimulated from a young age, more skills and flexibility are developed and youth can enjoy sports longer. The program focuses on encouraging movement through creative, interactive, and playful exercises.

Encouraging movement in senior citizens (age 65+) is also beneficial to help prevent falls, physical function and osteoporosis. The WHO recommends older adults have at least 150 minutes of physical activity throughout the week and can be done as a part of recreation and leisure. The PHD plans to collaborate with Saba Cares to offer some activities, such as Bocce, for the senior citizens to continue promoting movement and encourage prolonged independence.

Visibility—

The community needs to be informed about what sports are offered, when events are happening, and how they can be involved. Sports can be more visible by having a stronger presence on social media—live stream practices and games, use stakeholder network to promote events on a larger scale, encourage athletes and coaches to be more vocal about their sports.

The more visible sports become, the more people will invest and want to get involved.

RECOMMENDATIONS

1. Create maintenance plans for every facility –

Proper facilities are vital to the development of sports on Saba. Some investment has already been made at the Princess Juliana Sportsfield and Cruyff Court. In order to protect those and future investments, each facility will have its own maintenance plan. These plans will detail technical steps for maintaining hardware on site and clear instructions for how personnel can contribute in this area.

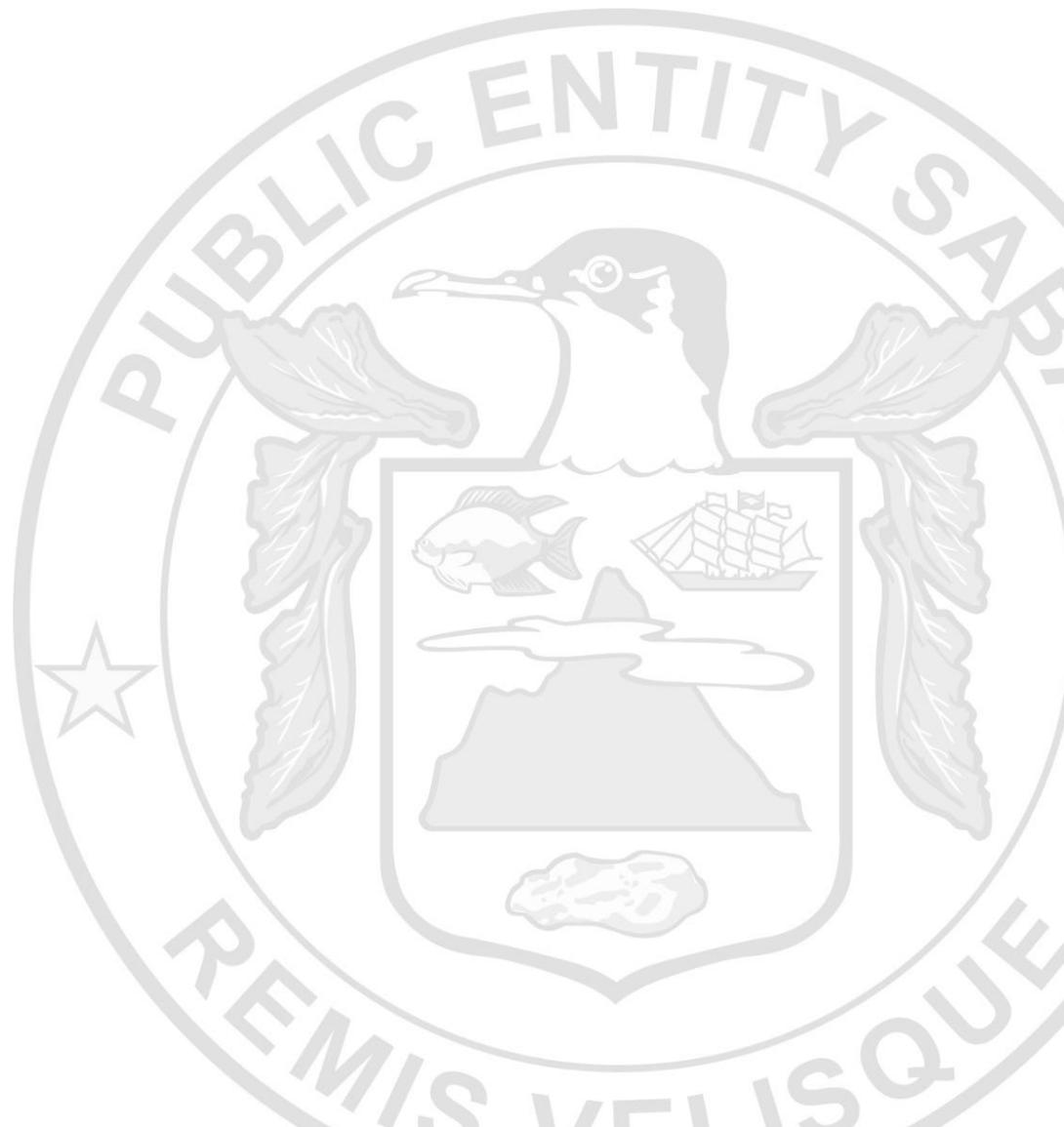
2. Incorporate social agreements –

Written documents should be made for people who make use of facilities or PES equipment to create a sense of social responsibility in the community. The agreements would help keep people accountable which would improve the usage of facilities and equipment.

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IX. SABA UNITED SPORTS FEDERATION



SABA UNITED SPORTS FEDERATION

GOAL: The Saba United Sports Federation (SUSF) will promote the regulation and practice of sports on Saba. SUSF will enable the community to reach their highest potential in all aspects of sport.

TARGET AUDIENCE: The entire Saba sports community.

ACTIONS: Establish well-trained board, outline responsibilities of SUSF, register as an official sports federation, and create sports network on Saba. Once the federation has been properly set-up, Saba United can support the sports community by providing resources and opportunities.

Stronger Together

Saba is a small community with an interest in a wide variety of sports. There are currently two officially organized sports organizations—Saba Volleyball Association (SVA) and the Saba Triathlon Foundation. Many other sports enthusiasts are interested in having organizations; however, the challenge is many athletes participate in multiple sports and are therefore asked to be a part of multiple boards. This leads to high burn-out rates and low-quality input.

The Saba United Sports Federation will act as the one official sports organization for the island, which all sports will be under. This integrated approach will make local and inter-island organization of sports more efficient. The Saba United Sports Federation has been a request of both the Public Entity Saba and the community. The SVA and Saba Triathlon Foundation both see the benefit and have agreed to join the federation once operational.

Structure

The Saba United Sports Federation will be an organization with direct connection to the Public Entity Saba in its initial phase. During this time, the roles and responsibilities for SUSF will be clearly identified and outlined. A timeline will be created to show when Saba United will take over each responsibility from the Public Health Department.

The first step in creating a functioning federation is the identification of well-trained board members. The board is key to establishing a vision for a sustainable future. Under the board, the federation would employ two full-time employees in its beginning phases. These two employees would help to oversee the daily tasks and be the contact persons for the sports community.

Once the board is functioning, they will guide the overall vision of the federation and each sport will be able to create small, individual committees for stronger focus on their area of interest.

Implementation

The Saba United Sports Federation will have three phases of implementation. In the first phase, SUSF will begin to create a strong presence by registering officially with the Chamber of Commerce, creating online platforms, and holding SportsHall meetings to discuss ideas/events/concerns/etc. within the sports community on Saba. A timeline will also be created during this phase to show when each identified responsibility moves from Public Entity Saba to the Saba United Sports Federation.

The second phase will be when the board is formed and search begins for the two full-time employees. SportsHall meetings will also continue during this phase. The board will begin to take on some of the outlined responsibilities in this phase.

The final phase of implementation will allow Saba United to move to a stand-alone federation, subsidized by the government. At this phase, the federation should have assumed all responsibilities as agreed upon with the Public Health Department.

RECOMMENDATIONS

1. Stakeholder groups –

Several organizations and groups are currently organizing sports on an ad hoc basis. A regular sports stakeholder group should be set up to inform of events, initiatives, share concerns, etc.. The group will meet monthly so a strong network is created. Through this group, sports on Saba should improve cohesiveness.

2. Continue policy development –

PES and Saba United will write more policies in close collaboration to go in depth on various topics such as: top sport, women in sports, inclusion in sports, facilities, etc.

X. CONCLUSION

Sports on Saba are dynamic and constantly growing. Because so much of the community has an interest in sports, they can easily be used as an empowerment tool for many areas such as promoting a healthy lifestyle, teaching life skills, and encouraging positive social interaction.

As sports are evolving quickly on the island, the needs and wants will also change rapidly. Input from the Public Health Department, schools, and sports community led to the four strategic priorities discussed in this Sports Policy. Introducing more structured sports in school, implementing rotating sports seasons, promoting community involvement, and rebuilding the Saba United Sports Federation emerged as the top interests. These points are clear areas to focus and allow the Sports Policy to align with SDG 17.14 to enhance policy coherence for sustainable development.

The four priorities will set a strong foundation for sports on Saba to continue to grow. Progress will be monitored and the policy will be reevaluated in 2025.



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