

Potential Submissions for Healthy Campus Conference

HEALTHY CAMPUS CASE STUDY	
Name of Institution	RCSI
Who led the initiative?	David Harris, Sports Centre Manager & John Kelly, Sports Centre Specialist
Date and timeframe of the initiative	2019; Ongoing
What was the reach of the initiative?	Approx. 400 students per semester
Initiative Title	Peripheral Fit
Aims/ Objectives	The aim of this project was to remove barriers to participation and encourage our students to maintain their healthy lifestyle while on their clinical placement.
The rationale for the action, including any identified health needs	The RCSI Gym team recognised that students on placement had no information about health and fitness facilities located in the areas they were spending time on clinical placement. Of the students who were accessing local facilities, many were paying for expensive short-term memberships. Due to a lack of information and increased costs, students had an increased tendency towards abandoning their exercising habit while on their placement. As clinical placement makes up so much of our students' final two years of study, it is important that they maintain their activity levels to assist in balancing academic workload.
Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)	Pillar 3 of the RCSI Strategic Plan 2018-2023; We will support 'Healthy Ireland' by promoting lifelong health and activity among our students and staff, and by engaging with our local and national community.

<p>Summary</p>	<p>There are, on average, 370 RCSI students on clinical placement outside of Dublin every day of the academic year. The locations range from Donegal to Kerry and include Hotels, B&B's and Guesthouses.</p> <p>The initiative leads recognised that students on placement had no information on available health and fitness facilities located in their areas. The students who were accessing local facilities were, in many cases, paying for expensive short-term memberships.</p> <p>The initiative leads undertook a project to visit all health and fitness facilities located close to clinical placement sites. Each facility was assessed for suitability across a range of criteria and negotiated preferred prices and/or terms and conditions with many facilities. Criteria included distance from accommodation or clinical site, health, safety, cleanliness, access via public transport, safety of access roads, bike parking, types of showering facilities, equipment and services available.</p> <p>This information was collated and made available to all students via Moodle. This has proven extremely popular. It enables RCSI students to maintain their health and fitness habits in a facility suitable for their goals and can save them substantial sums of money.</p> <p>The document is reviewed and updated annually each summer to ensure up to date information is available to students and facilities are still meeting the criteria to ensure safety of our students.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>We met with the owners / operators of all of the fitness facilities local to our clinical sites to negotiate preferred rates and arrangements for our students in many of them.</p>
<p>How was the initiative organised?</p>	<p>Members of the RCSI Gym team travelled the length and breadth of Ireland to both use facilities and to visit others. Sites were visited in order of the number of students who were on placement in the area to ensure the initiative was of value to as many as quickly as possible. Many facilities that were visited were deemed unfit for recommendation. Only recommended facilities were included in the final document to ensure there were no negative comments about local leisure businesses.</p>
<p>What resources did you need?</p>	<p>Resources included travel and sustenance expenses in addition to payment into facilities to use them. The initiative was completed during the summer when the onsite gym is less busy, and staff have the capacity to travel and assess facilities.</p> <p>Internal resources were limited to the Design Team to produce the document.</p>

<p>Has it been evaluated? How successful has it been?</p>	<p>As this document is located on Moodle and students access it directly, it is difficult to produce specific statistics. However, we regularly hear from both operators and students informing us of the success of this initiative.</p>
<p>Any future plans, including the sustainability of the initiative?</p>	<p>Due to the fluidity of the Irish leisure industry, this document must be updated annually. This is completed during the summer months when gym staff have additional capacity to undertake it.</p>
<p>Key Learning Points</p>	<p>There is an appetite from students to maintain their healthy habits while on placement. While the students are very happy with the information provided, they would prefer if RCSI paid for their gym access on placement. In 2023, this initiative will be expanded to include safe walking, running and cycling routes.</p>