

## RESM NAVIGATOR: SELF-REFLECTION TOOL

### About the Real European Sport model project

The Real European Sport Model (RESM) project aims to rethink how sport is understood, organised, and funded across Europe. While traditional models often focus on elite, competitive structures, our initiative highlights the broader reality — one shaped by grassroots and recreational sport, diverse motivations, and local contexts.

We gather and share evidence on how sport truly functions at all levels, develop practical advocacy tools, and strengthen the capacity of national organisations to influence policy. By doing so, we help ensure that the voices of underrepresented actors are included in shaping a more inclusive, transparent, and effective European sport policy benefitting more citizens.

More here: <https://realsportmodel.isca.org/>

### About the Real European Sport Model Self-reflection tool

With the self-reflection tool, we invite you and your organisation to reflect on how sport is organised in your country, how your organisation is positioned in the general sport sector in your country, and how it is funded.

This tool is a starting point for you and your organisation in the efforts you invest into advocacy actions for respecting the diversity of organisations in the sport sector.

We know that change starts in grassroots level. By choosing to complete this reflection tool, your organisation is already demonstrating a commitment to examining its own structures, practices and culture. This tool is designed to help you take a snapshot of where your organisation stands right now. It is not here to judge you, but to help you understand your current position, identify structural barriers that may be limiting participation and representation, and find the most relevant next steps for your advocacy actions.

We invite you to complete this tool, reflect on the situation and position of your organisation and then continue with the Advocacy tool that is developed for you.

We hope that the new RESM Advocacy tools can facilitate a deeper and more nuanced understanding of the realities of sporting activity in your country and in Europe. We believe it can help you in developing skills and knowledge for advocating for your needs, ensuring the range of activities offered and financed, reflecting recent lifestyle trends and new expectations among the population.

#### **Important to know:**

- **Every organisation starts somewhere** – Whatever you answer, select, or score, it is OK. What matters is understanding where you are today so you can plan where to go tomorrow. Every "I don't know" is simply an opportunity you haven't explored yet, not a failure.

# RESM

REAL EUROPEAN  
SPORT MODEL

- **This is for you, not for us** – Your responses are completely anonymous. We collect data only to identify general trends in the grassroots sports sector, never to evaluate individual organisations.
- **Honesty gets you the best help** – The more transparent you are, the clearer picture, tailored and useful your organisation will be. A blurry picture leads to generic advice; a clear picture leads to actionable next steps.

## Time needed:

- 10 minutes to complete the reflection

## Target users:

- Board members, organisation managers, or leadership teams

## BEFORE YOU START:

- Choose your device: Desktop, tablet, or mobile
- Complete the self-reflection tool honestly
- Your assessment is a PDF document, and you can download it right after completion of t it.

## Information

Field	Information
Name of organisation (not obligatory)	
Country	

## Location

What is your geographical scope of organisation? (more than one answer possible)	
We operate locally	We operate nationally
We operate regionally	We operate internationally

## About the sports sector in your country

Which are CURRENTLY organisations / human resources/facilities that contribute best to developing sport participation in your country? (Choose up to 3 options per 3 categories below)	
<b>Organisations</b>	Civil society-based, non-profit organisations Professional clubs Private companies (fitness centres etc.) Informal groups /self-organised Public authorities and schools Other:
<b>Human Resource</b>	Volunteers Paid employees Managers of the organisations Professional trainers / coaches / referees Sport educators Sport and physical activity promoters School teachers Other:
<b>Facilities</b>	Outdoor facilities available to the public (nature, parks, streets, playgrounds, etc.) Public sports facilities Public school facilities Private household facilities Private facilities by payment Other:

Which organisations/human resources/facilities require greater support to develop sport participation in your country? (Choose up to 3 options per 3 categories below)	
<b>Organisations</b>	Civil society-based, non-profit organisations Professional clubs Private companies (fitness centres etc.) Informal groups /self-organised Public authorities and schools Other:
<b>Human Resource</b>	Volunteers Paid employees Managers of the organisations Professional trainers / coaches / referees Sport educators Sport and physical activity promoters School teachers Other:
<b>Facilities</b>	Outdoor facilities available to the public (nature, parks, streets, playgrounds, etc.) Public sports facilities Public school facilities Private household facilities Private facilities by payment Other:

Which mechanisms would ensure these structures receive the support they require to develop sport participation in your country? (Please choose up to three)	
Media coverage and campaigns	Public funding
Funding from private foundations and private sponsorships	Human resources
Domestic and international co-operation	Private funding
Better elite sports results	Facility supports and access
Data and research	Private household funding
Hosting of major sport events	Other:

## About your organisation

Which of the following sectors best describes the main activity of your organisation? (more than one answer possible)	
Civil society organisation	Private sector
Sports movement	Non-profit or charity (third sector)
Sports industry	Academic or research institution
Public sector	Other:

Which type is your organisation?
Civil society-based (sport) organisation. Typically governed by a democratically elected board and not for profit.
Private organisation or company. Typically governed by a Ceo/owner/board. For-profit or not-for-profit.
Public organisation. Typically governed by a public institution, for example, a municipality.
None of the above. We are an autonomous group.

Is your organisation part of the Sport Federation System (It can be Olympic or Non-Olympic sport)? (2 answers are possible)			
YES	NO	I do not know	We are a Federation organisation

## About Resources/Finance /Income

What kind of facilities do you use when you organise activities? (more than one answer possible)
Outdoor facilities available to the public (playgrounds, cycling lanes, street workout infrastructure, etc.)
General public resources (e.g., sidewalk, parks...)
Public sports facilities (e.g. gyms, stadiums...)
Public school facilities (e.g. gyms, outdoor playgrounds...)
Private household facilities
Private facilities by payment (e.g., equipment in a commercial gym, the office's resources)
Our own facilities and equipment

## Where do your financial resources come from? What fits your reality best?

- Primarily income from members (fees, other payment is +90% of our income)
- Primarily income from members (fees, other payment is +50% of income) but also public support.
- Primarily public support (Public support is +50% of income) and additional support from members and/or private contributions/sponsors
- A combination of income from members, public support, and private contributions/sponsors (each source is a minimum 20%).
- One of the above, but we also receive funding from surplus from elite sport organisations/activities (minimum 5 % of the income)

## For which activities do you spend the majority of your budget?

- Primarily for sports performance and tournaments for athletes.
- Training for coaches/trainers/referees.
- Primarily for social/cultural/health activities of sport and physical activities.
- Primarily sport and physical activities for fragile and disadvantaged groups.
- A combination the 4 with prevalence for the performance.
- A combination of the 4 with prevalence for the socio aspects

## About your activities and targets

### How many physical activity and sports disciplines and services do you offer? (more than one answer possible)

- |                                |   |
|--------------------------------|---|
| One single sport               | Tournaments/competitions                              |
| 2-5 sports disciplines         | Education (trainers/leaders)                          |
| 5-10 sports disciplines        | Other services (insurance, development support, etc.) |
| More than 10 sport disciplines |   |

What do you offer in your organization? (more than one answer possible)	
Sport (outdoor, indoor)	Opportunity for volunteerism
Physical activity (outdoor, indoor)	Cultural activities
Competitions, tournaments	Activities related to health and well-being
Sport events	Activities for social inclusion

Who are your target groups? (more than one answer possible)	
Children (up to age 12)	Athletes and talents in sport
Children, youth (13-18)	Special groups (disadvantaged/people with disabilities, refugees, etc)
Adults (18 – 64)	Seniors (65+)

### Your organisation in your local/national environment

	YES	NO	Not Enough	I do not know
Is your organisation well recognised in your country by the public/media?				
Is the sport your organisation is offering recognised in your country?				

### Challenges

What do you offer in your organisation? (more than one answer possible)	
Lack of funding opportunities	Competition from other providers
Lack of facilities available for our activities	Lack of interest in sports among citizens
Visibility and recognition	Lack of legislation
Lack of volunteers	Not fair public funding distribution for sports organisations in my country
Others:	

## About the European Sport Model

Are you familiar with the European Sport Model?		
YES, I am familiar	I know it exist, but I am not familiar with it	I do not know what the European Sport Model is



Do you know if the principles of the European Sport Model in place in your country and recognised by your organisation?		
YES	I know the principles, but I do not know if they are in place in my country	I do not know the principles

Do you miss any of these principles in the sports sector in your country? (more than one answer possible)	
Autonomy in sport	Values in sport
Good Governance in Sport	Volunteerism in sport
Independence in sport	Culture and identity in sport
Open competition in sport	Diversity, inclusion and accessibility in sport organisations
Solidarity in sport	Gender equality in sport
Education through sport	

Does your organisation receive “financial solidarity” as associated with the redistribution of profits from the professional level of sport to the grassroots sport level?		
YES	NO	Not Enough



	YES	NO	Partly	I do not know
Is the nature of sport in your country based on its fundamental social, educational and cultural values, which help to deliver on national sports policy and contribute to local and regional development, foster integration, tolerance, well-being and health, contribute to environmental protection, the fight against radicalisation, and social cohesion?				
Is volunteerism in sport well recognised and supported in your country?				

Do you know the Pyramid model of sport?		
YES	I know it exist, but I am not familiar with it	I do not know what the Pyramid model of sport is

Would you consider your organisation to be part of the Pyramid model of sport?

YES

NO

I do not know

Thank you for completing this self-reflection tool. Please don't forget to download the PDF document created for you.

## NEXT STEP

We invite you now to go deeper into the Real European Sport Model Advocacy tool.



RESM WEBSITE