Tukums Town Urban Active Environment Action Plan

www.tukums.lv
2017
CONTENTS

1. SUMMARY .................................................................................................................................................. 4
2. BACKGROUND .............................................................................................................................................. 5
   2.1. People .................................................................................................................................................. 5
   2.2. Infrastructure ...................................................................................................................................... 10
   2.3. Partners for active living ................................................................................................................... 14
3. PUBLIC POLICIES ....................................................................................................................................... 16
4. SWOT ANALYSIS ....................................................................................................................................... 19
5. ACTION PLAN .............................................................................................................................................. 20
   5.1. Priorities ............................................................................................................................................ 20
   5.2. Target groups ..................................................................................................................................... 20
   5.3. Vision .................................................................................................................................................. 20
   5.4. Aim .................................................................................................................................................... 20
   5.5. Activities ........................................................................................................................................... 20

Photo credits .................................................................................................................................................. 30
References ..................................................................................................................................................... 31
ACKNOWLEDGEMENTS

Editor:

Zane Siliņa, Tukums Municipality, Latvia

Contributors:

Marita Bērziņa, Department of Education, Tukums Municipality, Latvia
Diane Crone, University of Gloucestershire, UK
Maija Fogele, Tukums Municipality, Latvia
Armands Hohfelds, Municipal Police, Tukums Municipality, Latvia
Sonja Kahlmeier, University of Zurich, Switzerland
Gunta Kalviņa, Association of Tukums NGOs, Tukums Municipality, Latvia
Dace Keirāņe, Tukums Municipality, Latvia
Zane Koroļa, Tukums Municipality, Latvia
Juris Kožeurovs, Tukums Municipality, Latvia
Dace Liepiņa – Zusāne, Tukums Municipality, Latvia
Modris Liepiņš, Tukums Ice Hall, Tukums Municipality, Latvia
Tanja Onatsu, Fit for Life Program, LIKES Foundation for Sport and Health Sciences, Finland
Edgars Redko, Municipal Police, Tukums Municipality, Latvia
Ģirts Ruģelis, Tukums Municipality, Latvia
Ingrīda Smuškova, Tukums Tourism Information Centre, Tukums Municipality, Latvia
Dace Zvagule, Tukums Municipality, Latvia
1. Summary

In 2014 Tukums Municipality became a member of Latvian Healthy Cities Network. It gave a lot of possibilities to communicate more with inhabitants about healthy lifestyle, to promote preventive measures, to support healthy ageing, to cooperate with other municipalities in this field, to get political support for solving public health problems in the municipality. The next important step was made in 2016 - the health experts together with municipality and cooperation partners created a new political document named “Public Health Promotion Strategy of the Tukums region 2016-2023”. On this document is based the development of healthy urban planning in Tukums and “Tukums Town Urban Active Environment Action Plan” (Action Plan) plays important role in it.

The aim of the Action Plan is to create a favourable environment in Tukums town to facilitate active and healthy way of life for its people. Putting the following sub-objectives in order to pursue the provided goal:

1) Facilitate the daily mobility among the citizens;
2) Facilitate the active leisure time.

Every year, the existing infrastructure in the Tukums town is developed by launching new objects, building new cycling paths, restoring streets, sports halls, parks, playgrounds, etc. The number of active population is growing every year who are using the existing infrastructure for both daily needs and recreation. The Action Plan will help to increase intensity of the use of infrastructure through implementation of specific activities.
2. Background

2.1. People

Population trends
Overall the population in Latvia and the Tukums region continues to decline. On the basis of the PMLP data on January 1, 2015, there was the population of 31,666 in the Tukums region that makes 4.6% decline in comparison with 2011. The largest part of the population in the region – 19,099 is concentrated in the Tukums town, the smallest population – 530 has remained in the Zentene parish.

Figure 2.1 The population changes in the Tukums region and the Tukums town in 2011-2015 (data as of the beginning of the year)
Data source: The Office of Citizenship and Migration Affairs (Latvia)

The number of new-borns and deceased persons registered at the Tukums region Registry office has fluctuated. The comparison of data of the Tukums region Registry office for 2014 and 2013 shows that the demographic situation in the Tukums region has improved. The negative natural growth has approached the level of 2012 establishing the negative natural growth of 174.

Figure 2.2 Dynamics of natural motion indicators in the Tukums region in 2010-2014 (data as of the end of the year)
Data source: Tukums Municipality

Population structure by age
The working age population in the Tukums region (simply as all over Latvia)\(^1\) continues to decline and the population above

---

\(^1\) Central Statistical Bureau data.2015. Access 16.11.2015
working age continues to increase (Figure 2.3). Overall 16.8% of population was younger than working age, 61.5% was at working age and 21.7% was above working age in 2015.²

![Figure 2.3](image)

**Figure 2.3 Population change in Tukums region 2010 - 2015³**
Data source: Tukums Municipality

**School population**
In 2014-2015 school year, there were 8 pre-school establishments, 1 special pre-school establishment and 5 general education institutions providing pre-school education group training in the Tukums region. The branch of the pre-school establishment “Vālodzīte” named “Lotte” providing 116 places was opened in 2014-2015 school year.

The number of pupils in the pre-school establishments has increased by 11% from 2010-2011 school year in total, providing places for 1,466 pupils in pre-school and special pre-school establishments and pre-school groups for education in general educational institutions.

![Figure 2.4](image)

**Figure 2.4 Dynamics of number of children split by preschool education establishments in the Tukums region in 2010-2011 – 2014-2015 school year (data as at the beginning of the school year)**
Data source: Tukums Municipality

In the Tukums region, 14 general education schools are functioning including 1 high school, 5 secondary schools, 5 elementary schools, 1 primary school and 2 special elementary boarding schools. According to the data of the Office of Citizenship and Migration Affairs the population of the Tukums region has decreased by 6.2% from 2009, thus the number of the

---

² Central Statistical Bureau data. 2015. Access 21.11.2015

³ Central Statistical Bureau data on the beginning of the year. 2015. Access 21.11.2015
pupils in the general education institutions has decreased by 17.9%. The trend of growing number of pupils has emerged in 2014-2015 school year to compare with 2009-2010 school year.

Figure 2.5 Dynamics of the number of pupils in general education institutions in the Tukums region in 2010-2011 – 2014-2015 school year (data as at the beginning of the school year)
Data source: Tukums Municipality

Health
The non-communicable diseases are the leading cause of morbidity and mortality in Latvia as well as in the Tukums region. About a half of all deaths in the region are caused by cardiovascular diseases, a quarter is caused by cancer, but the third most common are the external causes of mortality (Figure 2.6).4 Researches suggest that the most common causes of mortality may be substantially reduced by making changes in the life style habits of society as well as by providing access to preventive medical examinations, and early detection of diseases and starting their treatment.5

Figure 2.6 Proportion of leading cases of mortality in Latvia and the Tukums region in 2013 (%)6

Researches suggest\(^7,8\) that the causes of non-communicable diseases are found in unhealthy lifestyle and social environment. A healthy lifestyle plays a major role in maintaining and improving the health; it implies following changes in the people behaviour and risk factors:

- Maintaining a body mass index,
- Healthy diet (sufficient consumption of fruits and vegetables, reduced use of products with high sugar, salt and fat content),
- Sufficient physical activities,
- Limited alcohol consumption,
- Cessation of tobacco consumption.

**Spending free time**

The overall situation in Tukums region is described in following paragraphs. Being one of the risk factors for many non-communicable diseases, the sedentary lifestyle has become a current public health concern both in Europe in Latvia. The importance of physical activities is proven not only in maintaining the physical health and decreasing the risk of non-communicable diseases but also in providing mental health, decreasing stress, improving cognitive abilities and functional capacity and providing better learning performance, especially for children and young people.\(^9\)

Analysing their leisure activities in 2016, respondents for the most part (42.1%) stated that they are spending their leisure time quite active – walking, cycling and making other physical activities at least 4 hours per week, 33.6% of respondents stated that they are spending their leisure time passively - reading, watching TV, using computer or performing other sedentary activities\(^10\).

**Figure 2.7 Proportion of population in Tukums are spending their leisure time actively\(^11\)**

The described indicators of physical activity, overweight and obesity contrary to the self-assessment of population related to their physical shape. When assessing their physical shape in the research in 2016, 67.4% men and 52.8% women aged 15-64 stated that it is “good”,\(^12\) (Figure 2.8).

---


\(^8\) The World Bank review “Development of health network guidelines in priority areas”, deliverable “Review on health promotion documentation in Latvia”. 2015


\(^10\) The research centre SKDS population survey "Assessing the performance of Tukums municipality services", 2016

\(^11\) The research centre SKDS population survey "Assessing the performance of Tukums municipality services", 2016

\(^12\) The research centre SKDS population survey "Assessing the performance of Tukums municipality services", 2016
The research results indicate that young people aged 15-24 are very active and 34.6% taking the part in physical activities 2-6 times per week and 16.8% doing sports every day.

In the same research when reasoning why they are not engaged in physical activities, 10% of respondents indicate that there is no need to engage in physical activities, 47.4% mention the lack of time and 26.1% report that nothing stops, and 16.4% state that there is a financial constraint. The above reasons reveal the necessity of educational measures to clarify for people the importance of physical activities to maintain their health and provide information about possible options of physical activities.
2.2. Infrastructure

Urban planning
The territorial planning of the Tukums region for 2011–2023 involves major solutions for urban development. The excessive concentration of motor transport in the centre of the town is the main issue of traffic infrastructure that would be solved by changing the current scheme of transport movement – by creating an inner circle in the town and linking Stacijas Street with Gotlandes and Tirgus Streets and connecting to Kurzemes, Tulpi un Raudas Streets for this purpose. The security of pedestrians and cyclists would be improved by diverting the transport flow from the town centre thus contributing to the mobility of population.

Risks
In Tukums a 69.9% of population are moving by foot every day and 13% at least once per week, in the same time 43.7% are moving by car every day and only 23.4% didn’t use the car last year.

Roads
The network of streets in the Tukums town has developed within a long period of time and they are reflecting the historical structure where the meaning of the main streets and their destination are characterized by their names (Jelgavas Street, Rigas Street, Talsu Street). The centre of the town has narrow streets with not sufficiently foreseeable crossings thus creating unpleasant traffic conditions for both drivers and cyclists. The total length of 193 streets in the town is 95 kilometres; 10 of them are the main (transit) streets, others are of local importance.

Every year, the Structural Funds of the European Union are involved to fix the infrastructure of local community roads and streets. It has resulted in cycle routes built in Tukums. The cycling routes take an increasingly important place in the infrastructure of every community due to the easy accessibility of cycling, minor demands of operating costs and environment friendly qualities, and their number is increasing continuously. Except Tukums town, there are no marked cycling routes built in the Tukums region. The Tukums tourism information centre has developed a cycling map with available cycling itineraries. 17 of them are situated in the Tukums region – completely or partly.

The population is using bicycle 77.2% for spending their free time and only 24.6% using it like transport mode.

---

The research centre SKDS population survey "Assessing the performance of Tukums municipality services", 2016
Pedestrian paths are on the main streets of town, but from periphery it is not always possible to use safe pedestrian paths to go to the town centre. It streets outside the town centre is signified like living area, it means, that the priority is given to the pedestrians and the speed limit for transport is 20 km/h.

Figure 2.12 The reason of using bicycle in Tukums, 2016(%)  

---

18 The research centre SKDS population survey "Assessing the performance of Tukums municipality services", 2016
Map 2.1. Tukums town map with reduced speed areas, bicycle path and location of sport infrastructure
Data source: Tukums Municipality
Leisure and sport infrastructure
In the Tukums region, there are possibilities to be physically active both in parishes and the Tukums town. Tukums Ice Hall, Tukums Sports School complex and stadium are the major sports infrastructure in the region. Sports and active leisure infrastructure involve both the specific sports infrastructure (including in educational institutions) and facilitated parks, cycling routes, pedestrian paths. A great part of sports halls and stadiums (including in educational institutions) available for sports activities of population are restored in the recent years.

Photo credit: Tukums Municipality

But still with the existing sport infrastructure is not enough – the occupancy is too intensive and in the year 2016 municipality started to build new sport hall and in the year 2017 will start to reconstruct stadium near by the biggest school in town. Overall the outdoors sports possibilities are provided all over the region (including outdoor fitness equipment is available in Irlava and Sēme), but possibilities to do sports indoors are available in the major part of the region (except Abavnieki, Lestene, Zentene and Vienība). It should be noted that there are more possibilities to engage in physical activities in the Tukums town including the ice hall, indoor shooting-range, cycling routes, several developed parks, etc.19

Figure 2.13 The use of existent sport infrastructure, 2016(%) 20

The use of existent sport infrastructure shows that 48,5% of population using the swimming places like lakes and rivers, 41,6% using stadiums/sports grounds, very active are used also playgrounds for children (34,8%), Tukums Ice Hall (32,7%), cycling

---

19 Tukums Region Development Program 2015-2021 pp. 72-75. Adopted by Tukums region council resolution of 22.12.2015 (Minutes No.14, 5§).

20 The research centre SKDS population survey "Assessing the performance of Tukums municipality services", 2016
paths (31.4%) and outdoor fitness equipment (25.4%). In the same time 19.7% of population has not attended to any of the mentioned sports facilities.\(^1\)

Similarly, the local municipality is improving the existing infrastructure each year to facilitate a safe, active and qualitative life environment; new exercising grounds and playgrounds are built and the renewals are provided all over the area of the local municipality.

The survey shows that population is interested to have possibility to use pool (43%), swimming places (34.4%), Tukums Ice Hall (28.4%) and cycling path (28.3%).

Additionally, a Health route is launched with a support of The Centre for Disease Prevention and Control of Latvia within the area of Lauktehnika in 2015. It is the route with information how to do different exercises in different levels for everyone, including persons with special needs.

### 2.3. Partners for active living

In cooperation with its partners, the Tukums region municipality provides promotion of active lifestyle by a range of sports events throughout the year such as municipality sports games, competitions in various sports for different age groups, sports days for children in the areas of the region. The Tukums region Sports and Health Festival is taking place every year since 2015 with emphasis on promoting grassroots sport in various age and interest groups. The sports festival aimed to people with special needs – seniors, young people, disabled persons, including children, family members and society at large are organized every year in cooperation with NGOs. The seniors are taking part actively when exercising with their physiotherapist and social rehabilitator in the community centre “Rīti”. The association “Zentenes izaugsme” also is performing exercises twice a month trained by their physiotherapist in Zentenes parish and corrective-gymnastic therapy are performed in the Lestene parish once a week.

Information on options for leisure activities in the Tukums region is available in the Tukums Tourism Information Centre including cycling routes, boat renting, etc.\(^2\)

The organization of the sports field in the region is intended to improve by increasing the capacity of experts in sports field,

---

\(^1\) The research centre SKDS population survey “Assessing the performance of Tukums municipality services”, 2016

\(^2\) The research centre SKDS population survey “Assessing the performance of Tukums municipality services”, 2016
enlarging the material resources and increasing the possibility to develop the grassroots sport. A full-time sports methodologist is engaged to promote physical activities and sports, including organizing active way of life and sports activities; in some parishes (Tume, Pūre, Irlava), the so called “sports life organizers” also are involved.

At the same time, NGOs play an essential role in implementing the health promoting measures since the events and activities realised through NGOs are adjusted to the specific character of the members of each particular association (diabetes, bone-connective tissues, deaf and blind people associations). The examples are the organized educational seminars, practical workshops on healthy lifestyle, and healthy diet, the psychologist advices for illness-influenced daily life as well as regular classes of gymnastic therapy, very active Nordic walking, etc. The association “Tukuma Domu Biedri” (Tukums’Like-Minded Persons) in its turn organized course of 8 lectures on healthy way of life. The Tukums Pensioners association is organizing activities promoting healthy lifestyle for seniors. It is characteristic that NGO’s events are more for their target groups and people from specific population groups are inactive and do not engage in offered events and activities.

The course of informative events on health topics is organized every month by a cooperation partner “Centra aptieka” (Centre Pharmacy). It is needed to involve more partners to improve active living in municipality, especially municipality Public Utilities Department, Development Department, Architecture Department, Culture, Sports and PR Department, Education Department, Tukums Tourism Information Centre, Municipality Police and State Police.
3. Public policies

The Development Planning System Law determines that the Sustainable Development Strategy of Latvia is, in terms of hierarchy, the highest long-term development planning document of the state where the state long-term development targets, priorities and spatial development perspective put forward are implemented by implementing subordinated development policies of sectors and territories. The Ministry of Environmental Protection and Regional Development is responsible for implementation of these policies.

Sustainable Development Strategy of the Tukums region until 2033 and Tukums Region Development Program 2015-2021 are territory planning documents by the law and supported by the politicians. Tukums Municipality Development Department is responsible for implementation of these policies.

Latvia 2030

The key principles of the “Sustainable Development Strategy of Latvia until 2030” are happy people in a prosperous country, sustainable and healthy way of life, creative and tolerant society, cooperation based competitiveness and country as a “fast-ability” partner.

National Development plan 2020

One of the three priorities of the action plan of the “Sustainable Development Strategy of Latvia until 2030” or ”National Development Plan of Latvia for 2014-2020 period” is "people reliability", where one of the courses of action is a "healthy and workable person". The 5 tasks set up to achieve the above aim also include strengthening a healthy and active way of life habit in society.

Sustainable Development Strategy of the Tukums region until 2033

The first goal of “Sustainable Development Strategy of the Tukums region until 2033” stipulates that the Tukums region will embrace a “united and open, educated and active society provided by various opportunities of high quality development”, underlining that the population is the key value of the region. The document puts its emphasis on a society where are possibilities to lead a healthy life taking care about vulnerable people and people in need and a society where population is physically active and healthy. The third goal of the Strategy is an „attracting, comfortable and harmonious place for living, working and spending their spare time”, including an appropriate environment for people in wheelchair, mums with prams, etc. as well as an environment which is safe for life and health and attractive. One of the priorities of the Tukums region is a comfortable transport infrastructure and traffic. The role of public transport and so called “light” transport (environmentally friendly transport – bicycles, electric mobility) will increase through support of a sustainable way of life. The public transport will be organized to provide


opportunity to get to Tukums and back from any development centre of the region several times any time of the day, including commuting. Pedestrian-safe street and road infrastructure in populated areas will increase the proportion of pedestrians. The importance of bicycle transport will increase due to further development of bicycle infrastructure (cycling routes, bicycle parking places, bicycle rental) and the bicycles will be more actively used not only for sporting but also as means of conveyance.

The residential areas include both private houses and few-storey and multi-storey housing areas. In these areas, the housing alternates with public buildings and service structures. Accessibility to the green territories and space for active way of life and families should be provided in housing areas. The development of habitation offer is a topical issue for the town; another issue to be solved is modernising areas of multi storey buildings from the soviet times. The green areas if the town are creating the recreation and landscape space of the town; they are trailing throughout the density of spaces and balancing them. In future, the existing waterlines should be revived and used in the Tukums town – the bank of the river Slocene should be more displayed, the Tukums lake should be restored and the green areas including the parks should be improved.26

Tukums Region Development Program 2015-2021

“Tukums Region Development Program 2015-2021” is a region’s midterm development planning document that is strictly related with “Sustainable Development Strategy of Tukums region until 2033” thus it is covering courses of action such as:

- RV4 Sports as a base of a healthy way of life and promoter of the region’s recognition;
- RV5 Prevention-oriented health care;
- RV11 Growing tourism;
- RV12 Regeneration of the Tukums’ old town;
- RV13 Convenient transport infrastructure, traffic and communications;
- RV18 Attractive and clean environment;
- RV19 Safe environment

Public Health Promotion Strategy of Tukums region 2016-2023

The goal of the “Public Health Promotion Strategy of the Tukums region 2016-2023” is a healthy and active population of the Tukums region in all age groups who are taking care and responsibility of their health and actively engaging in health promotion and disease prevention.

4 sub-objectives and respective courses of action were set to achieve the key goal. The course of action 5 is the promotion of sufficient physical activities in the Tukums region where one of the tasks indicated in 5.12 is to develop a program/strategy for a physical activities promoting environment. The development of this Action Plan is an achievable result of the above task.

The concept of improvement of the Tukums town traffic organization and traffic safety and development of the transport infrastructure.

Considering that the concept of improvement of the the Tukums town traffic organization and traffic safety and development of

---

the transport infrastructure 2006-2012 no longer apply, a new concept of improvement of the Tukums town traffic organization and traffic safety and development of the transport infrastructure 2017-2023 is being developed. A separate part provided in the concept is the development of bicycle use and safe pedestrian movement by building cycling tracks and developing the possible cycling routes in the Tukums town to unburden the town’s infrastructure form motor transport, provide the mobility of people, improve traffic safety by separating bicycle transport from motor transport and pedestrians, thus decreasing the risk of evoking road accidents.
4. **SWOT Analysis**

**Strong points:**
- Local authority support
- Development of sports organization
- Development of sports infrastructure (the Hall, etc.)
- Schools are interested in the Health Promoting Schools Network
- The region is a member of the National Network of Healthy municipalities
- Strong, active community centres, senior associations
- Information on possibilities of active leisure in Tourism Information centre

**Weak points:**
- Partners are not clearly defined
- Non-sufficient human resources
- Lack of relevant financial resources
- Few possibilities of grassroots sports
- Lack of basic data about physical activity, use of infrastructure
- Communication with population should be improved
- Specific population groups are inactive and do not engage in offered events and activities
- Targeted development of recreation and sports environment

**Potentialities:**
- Possibility to learn from positive practice of other municipalities
- Legislative initiatives promoting healthy lifestyle and environment
- Available EU funds’ funding for the next programming period till 2022

**Threats:**
- Depopulation
- Aging
- Rise in inequality in the country/region
- Migration of the active population
- Issues of internal and external security
5. **Action Plan**

5.1. **Priorities**
Under these political documentation the key priority of the Action Plan is a healthy and safe society in a safe and attractive environment.

5.2. **Target groups**
Action Plan is designed towards a large target group – every individual in the municipality, focusing on children and young people and general population.

5.3. **Vision**
Motto: “In motion in Tukums!”
A town where everything can be reached by foot and bicycles. It is intertwined by pedestrian streets and cycling tracks. The recreation areas are purposefully developed to create a favourable environment for active way of life and relaxation. Safe bicycle parking places are located at every public building. A Park&Ride parking place is located next to the railway station. The restored Tukums lake is created as a popular recreation place with activities on water and promenade that seems to be a medium between the housing estates – Sports school stadium in the Lauketechnika housing estate, Town park, Pauzera meadows, Pils Street and the Saules hill in the centre and Durbe castle in the Durbe housing estate. The green areas are developed. An active recreation environment is developed in Pauzera meadows. There is a beautiful view on the lake Tukums from the Saule hill. All housing estates are connected with a safe bicycle path network. The people in the town are walking or cycling, they are using all the offered opportunities and are active initiators of new ideas themselves.

5.4. **Aim and specific objectives**

**Aim**
The aim of the Action Plan is to create a favourable environment in Tukums town to facilitate active and healthy way of life for its people.

**Specific objectives**
Putting the following sub-objectives in order to pursue the provided goal:
1) Facilitate the daily mobility among the citizens;
2) Facilitate the active leisure time.

**Activities**
Every year, the existing infrastructure in the Tukums town is developed by launching new objects, building new cycling paths, restoring streets, sports halls, parks, playgrounds, etc. The number of active population is growing every year who are using the existing infrastructure for both daily needs and recreation. The Action Plan will help to increase intensity of the use of infrastructure through implementation of specific activities.
<table>
<thead>
<tr>
<th>Action Step</th>
<th>Responsibility</th>
<th>Support</th>
<th>Time Frame</th>
<th>Necessary Resources</th>
<th>Media and communication</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Develop the infrastructure for safe pedestrian flow in the town</td>
<td>Public Utilities Department, Development Department, Architecture Department, Culture, Sports and PR Department</td>
<td>2018</td>
<td>Involvement of inhabitants and consultants, Municipality budget</td>
<td>To inform the community on planned work and to listen to their initiatives via informative network of the municipality.</td>
<td>Identified pedestrian flow in town</td>
</tr>
<tr>
<td>1.1</td>
<td>Identifying the pedestrian flow in the town</td>
<td>Public Utilities Department</td>
<td>2018</td>
<td>Involvement of inhabitants and consultants, Municipality budget</td>
<td>To inform the community on planned work and to listen to their initiatives via informative network of the municipality.</td>
<td>Identified pedestrian flow in town</td>
</tr>
<tr>
<td>1.2</td>
<td>Develop the plan of infrastructure for safe pedestrian flow</td>
<td>Development Department</td>
<td>2018</td>
<td>Involvement of inhabitants and consultants, Municipality budget</td>
<td>To inform the community on planned work and to listen to their initiatives via informative network of the municipality.</td>
<td>Developed plan</td>
</tr>
<tr>
<td>1.3.</td>
<td>Create the infrastructure for safe pedestrian flow</td>
<td>Public Utilities Department</td>
<td>Development Department, Architecture Department, Culture, Sports and PR Department</td>
<td>continues</td>
<td>Municipality budget</td>
<td>To inform the community on planned work via informative network of the municipality.</td>
</tr>
<tr>
<td>:--</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
</tr>
<tr>
<td>2.</td>
<td>Develop the infrastructure for safe cycling in the town</td>
<td>Department of Education</td>
<td>Youth Centre, Public Utilities Department, Architecture Department, Culture, Sports and PR Department</td>
<td>2018</td>
<td>Coordination of activity at schools (Project week)</td>
<td>The Department of Education is engaging pupils in the creation of the route. To inform the community on planned work via informative network of the municipality.</td>
</tr>
<tr>
<td>2.1.</td>
<td>Pupils’ involvement in designing of the bicycle routes</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
<td>:--</td>
</tr>
<tr>
<td>2.2.</td>
<td>Route development in line with the designed ideas and existing bicycle lines plan and using HEAT tool</td>
<td>Tourism Information Centre</td>
<td>Development Department, Architecture Department, Culture, Sports and PR Department, Public Utilities Department</td>
<td>2019</td>
<td>Municipality budget</td>
<td>The information on the created route is promoted in the Municipality information network as well as at schools.</td>
</tr>
<tr>
<td>2.3.</td>
<td>Create the bicycle infrastructure in line with the designed plan</td>
<td>Public Utilities Department</td>
<td>Development Department, Architecture Department, Culture, Sports and PR Department</td>
<td>2020</td>
<td>Municipality budget, EU funding</td>
<td>The information on the created route is promoted in the Municipality information network as well as at schools.</td>
</tr>
<tr>
<td>2.4.</td>
<td>Design the standardized</td>
<td>Architecture Department</td>
<td>Public Utilities Department,</td>
<td>2018</td>
<td>Involvement of consultants, Municipality</td>
<td>To inform the community on the possibility to use</td>
</tr>
<tr>
<td>2.5.</td>
<td>Location of safe bicycle parking spots</td>
<td>Architecture Department</td>
<td>Tukums Tourism Information Centre, Culture, Sports and PR Department, Public Utilities Department</td>
<td>2020</td>
<td>Municipality budget, EU funding</td>
<td>To inform the community on planned work via informative network of the municipality.</td>
</tr>
<tr>
<td>2.6.</td>
<td>Involvement of enterprises in location of safe bicycle parking spots</td>
<td>Architecture Department</td>
<td>Public Utilities Department, Culture, Sports and PR Department,</td>
<td>2020</td>
<td>Coordination of activity, involvement of municipality leaders</td>
<td>To inform the community on planned work via informative network of the municipality.</td>
</tr>
</tbody>
</table>
Goal: 2) Facilitate the active leisure time.

<table>
<thead>
<tr>
<th>Action Step</th>
<th>Responsibility</th>
<th>Support</th>
<th>Time Frame</th>
<th>Necessary Resources</th>
<th>Media and communication</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Development of recreation areas</td>
<td>Architecture Department</td>
<td>Public Utilities Department, Department of Education, Development Department, Culture, Sports and PR Department, Tourism Information Centre</td>
<td>2018</td>
<td>Coordination of activity</td>
<td>The Architecture Department is engaging inhabitants in the creation of the routes. To inform the community on planned work via informative network of the municipality.</td>
<td>List of route design ideas</td>
</tr>
</tbody>
</table>

<p>| Inhabitants involvement in designing of the recreation areas and recreation and sport routes | Architecture Department | Public Utilities Department, Department of Education, Development Department, Culture, Sports and PR Department, Tourism Information Centre | 2018 | Coordination of activity | The Architecture Department is engaging inhabitants in the creation of the routes. To inform the community on planned work via informative network of the municipality. | List of route design ideas |</p>
<table>
<thead>
<tr>
<th>1.2.</th>
<th>Development of routes to link the recreation territories (for walking, Nordic walking, running, bicycling)</th>
<th>Tourism Information Centre</th>
<th>Development Department, Architecture Department, Culture, Sports and PR Department, Public Utilities Department</th>
<th>2018</th>
<th>Municipality budget</th>
<th>The information on the created route map is promoted in the Municipality information network.</th>
<th>Developed route map</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.3.</td>
<td>Marking of developed route map</td>
<td>Tourism Information Centre</td>
<td>Development Department, Architecture Department, Culture, Sports and PR Department, Public Utilities Department</td>
<td>2018</td>
<td>Municipality budget</td>
<td>The information on the created route is promoted in the Municipality information network.</td>
<td>Developed route map</td>
</tr>
<tr>
<td>2.</td>
<td>Improvement of the information availability on sports and recreational infrastructure</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Improve the access to the information on sports infrastructure</td>
<td>Culture, Sports and PR Department</td>
<td>Tourism Information Centre</td>
<td>2017</td>
<td>Cooperation with institutions</td>
<td>The information on the events is promoted in the Municipality information network.</td>
<td>Accesable information on sports infrastructure in web pages: <a href="http://www.tukums.lv">www.tukums.lv</a>, <a href="http://www.visittukums.lv">www.visittukums.lv</a></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>2.1.</td>
<td>Locating the stands for runners and Nordic walkers with information on proper warming-up, performance of exercises and warming-down in the identified recreation areas.</td>
<td>Culture, Sports and PR Department</td>
<td>Architecture Department</td>
<td>2018</td>
<td>Municipality budget</td>
<td>The information on the work is promoted in the Municipality information network.</td>
<td>Located stands in the identified recreation areas (Lauktehnikas stadions, Pilsētas parks, Melnezera apkārtne)</td>
</tr>
<tr>
<td>3.</td>
<td>Promotion of health contributing activities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>---------------------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.1</td>
<td>Addressing the state-level competition organizers on organizing certain stages of competitions in Tukums.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Culture, Sports and PR Department</td>
<td>Development Department</td>
<td>2018</td>
<td>Municipality budget, EU funding</td>
<td>The information on the initiatives is promoted in the Municipality information network.</td>
<td>Implemented at least 1 event</td>
<td></td>
</tr>
<tr>
<td>3.2</td>
<td>Promotion and development of traditional events in the municipality like Family day, Heath and Sport Festival, Mobility week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Culture, Sports and PR Department</td>
<td>Development Department</td>
<td>2018</td>
<td>Municipality budget, EU funding</td>
<td>The information on the initiatives is promoted in the Municipality information network.</td>
<td>Implemented at least 3 events</td>
<td></td>
</tr>
<tr>
<td>3.3</td>
<td>To include different pupil-attractive</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Department of Education</td>
<td>Culture, Sports and PR Department</td>
<td>2017</td>
<td>Municipality budget, EU funding</td>
<td>The information on the activities is promoted in the Municipality information network.</td>
<td>Included swimming and skating sport</td>
<td></td>
</tr>
<tr>
<td>3.4.</td>
<td>Organizing activity promoting day camps for children.</td>
<td>Department of Education</td>
<td>Culture, Sports and PR Department</td>
<td>2017</td>
<td>Municipality budget, EU funding</td>
<td>The information on the activities is promoted in the Municipality information network.</td>
<td>Included swimming and skating sport activities in sports lessons</td>
</tr>
</tbody>
</table>
REFERENCES


6. Tukums region health profile.


10. – 18. The research centre SKDS population survey ”Assessing the performance of Tukums municipality services”, 2016


20. -22. The research centre SKDS population survey ”Assessing the performance of Tukums municipality services”, 2016

23. Tukums Tourism Information Centre.
   www.turisms.tukums.lv/index/vietas/marsruti/marsruti/569764

