**Turn up and debate the future of sport and outdoor recreation on 10 September**

Dear Mr / Mrs …………….. (INSERT MP NAME)

Ensuring that sport and recreation is fully recognised in future legislation and policy is important to me. Whether its activities such as ours – Parkour/Freerunning or more traditional walking, cycling, climbing or running, all of these make a significant contribution to the UK economy and at times of financial pressure and hardship it is more important than ever that people have good quality green spaces and accessible countryside to enjoy.

The benefits of outdoor sport/recreation to health, wellbeing and the economy are becoming increasingly clear – it drives the visitor economy; people spending their day enjoying outdoor recreation spent £21 billion in 2012/13 - and when you factor in overnight visits this comes to £27 billion. Outdoor recreation can also make a significant contribution to tackling the £10 billion cost of physical inactivity. The UK should be proud of our beautiful outdoor spaces but government departments and political parties still need to work together to develop a long-term strategy for sport and outdoor recreation and work together to maximise the wide-reaching benefits this can bring.

Now you have the chance to make our constituency proud and add to the debate. Please be in Westminster Hall from 2.30-4.00pm on Wednesday 10 September to support the adjournment debate on government policy on outdoor sport and recreation.

Whilst great strides have been made in improving access to our countryside and coast through the Countryside and Rights of Way Act 2000 and the Marine and Coastal Access Act 2009, a great deal remains to be done and adequate investment in programmes to get more people outdoors is needed, especially in urban areas where sports such as Parkour/Freerunning can make a real difference. This is why I support the six key proposals for government Action on the Outdoors, drawn together in June this year by ten leading outdoor organisations.

**1. Cross-government support for a long-term strategy on outdoor sport/recreation**
Introduce a fully resourced cross-government strategy with ministerial support to promote outdoor recreation.

**2. Increase opportunities for young people to get outside**
Increase opportunities for young people to engage in outdoor learning in both school and non-school settings.

**3. Improve access to coast and countryside**
Facilitate and promote public access to outdoor spaces including urban areas, parks, green spaces, the coast, woodland and open countryside.

**4. Maximise the economic contribution of outdoor recreation**
Maximise the economic contribution of outdoor recreation to the rural economy through targeted investment.

**5. Strengthen planning guidance and protect the outdoors**
Strengthen the protection of areas valued for their natural beauty and recreational opportunities.

**6. Better public transport in rural areas**
Invest in accessible and affordable public transport for residents and visitors to our countryside.

Please commit to attending this debate and show your support for the future of sport and outdoor recreation.

Thank you so much for your time.

Yours sincerely,

(INSERT YOUR NAME & ADDRESS)