

What role should sport take in youth preparedness?

A practical brief for municipal staff and community sport club managers

Sport Singularity · Evidence cutoff: 12 September 2026

Ages 10 to 18 · Decisions in 2026 to 2028 · Looking ahead to 2030 to 2035

Start with the adults: agree responsibilities, keep ordinary activity available and check who can take part. Add a small learning activity only when staff, support and a clear purpose are in place.

Why act now?

The EU names sport in its preparedness strategy and Erasmus+ priorities. Aurskog-Høland has described formal cooperation with its sports council. These developments create reasons to plan; they do not prove that clubs have funding or that children are better prepared. [EU strategy](#), [Erasmus+](#), [municipal example](#).

Feeling better and knowing what to do in an emergency are different outcomes. Selected sport studies reported contrasting symptom results, including worse outcomes for boys in one programme. They did not demonstrate effective behaviour during war, evacuation or disaster. [Game Connect](#), [Gulu study](#).

Match your choice to local support

If the next decade brings...	Your useful response
Funded local partnerships	Agree limited club roles and practise the shared plan.
Schools leading the learning	Add selected activities; avoid duplicating a full programme.
More expectations without staff or money	Protect ordinary sport and decline duties you cannot sustain.

These are possible futures, not predictions.

Five steps for the next discussion

1. **Municipal sport/youth lead:** bring the club, preparedness coordinator and education/youth partner together. Choose one local problem.
2. **Coordinator and club:** agree who decides, who is available, how families are contacted and the alternative venue.

3. **Youth partner, children and families:** test access, including a route for non-members. Children must be able to decline an activity.
4. **Qualified learning partner:** select two observable skills and a suitable comparison activity. Check whether sport adds something useful.
5. **Delivery lead:** agree manageable workload and record skills, attendance, access and distress. Keep ordinary activity available.

Allow the first 90 days after a local decision for mapping. No delivery roles or budget have been assigned by this report.

Keep any trial small

An eight-week trial in two willing settings, with a four-week follow-up to check the chosen skills again, is a proposed option, not a proven model. Two settings cannot separate activity effects from staff, site and participant differences. It tests whether delivery and measurement are workable, not readiness for real war. An unclear skill change is inconclusive.

Pause on serious safeguarding concerns or an unresolved increase in distress. Consider a stronger evaluation only if agreed access, workload and measurement requirements are met without unresolved signs of harm.

Check the backup plan

Imagine phones failing while the sports hall is unavailable. Check another accessible venue and an offline contact route. This is a planning exercise, not a forecast.

Suggested review: 12 December 2026, or sooner after important new evidence, funding or an incident. Check volunteer availability, ordinary participation, children's experiences and whether schools offer a better lead.

Evidence limit: selected published sources, with AI assistance; no interviews or local testing. The full report explains the studies' limits and provides all sources. Nothing here establishes a need to purchase a service.