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101184444 – MOVE UP

Project name:

" Mild Health Conditions Optimization through Vital Exercise and Unwind Program"

Project number and acronym:

101184444 – MOVE UP

D1.1 RISK EVALUATION AND MITIGATION PLAN (REMP)



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Introduction

The MOVEUP project is a multi-faceted initiative designed to address a critical need within the European Union: improving the health and quality of life for individuals living with chronic health conditions (CHCs), such as diabetes and hypertension, by promoting increased participation in adapted physical activity. Recognizing the significant burden these conditions place on individuals, healthcare systems, and society as a whole, the MOVEUP project seeks to create a sustainable, community-based model that empowers individuals to proactively manage their health through enjoyable and accessible sports activities.

This Risk Evaluation and Mitigation Plan (REMP) serves as a crucial tool for ensuring the successful execution and lasting impact of the MOVEUP project. It acknowledges that complex initiatives operating across multiple countries and involving diverse stakeholders are inherently subject to various potential risks that could impede progress, compromise outcomes, or jeopardize resources. This plan, therefore, establishes a systematic framework for proactively identifying, analyzing, and mitigating those risks, allowing the MOVEUP consortium to navigate potential challenges effectively and achieve its ambitious objectives.

The REMP is founded on the following core principles:

Proactive risk management: identifying and addressing potential risks early, rather than reacting to crises.

Comprehensive assessment: valuating both the likelihood and potential impact of identified risks.

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Tailored mitigation strategies: developing specific and actionable strategies to reduce the probability or impact of each significant risk.

Continuous monitoring: regularly tracking risks, mitigation efforts, and the overall project environment.

Clear communication: ensuring all project partners understand the risk landscape and their roles in managing it.

Adaptability: being prepared to adjust the plan as new risks emerge or circumstances change.

This plan is structured to:

- outline the potential risks that could affect the MOVEUP project;
- assess the likelihood and potential impact of each risk;
- detail the mitigation strategies that will be implemented to reduce the probability or impact of identified risks;
- describe the processes for monitoring and reviewing the plan's effectiveness;
- assign clear responsibilities for risk management to project personnel.

The successful implementation of this REMP is essential for ensuring that the MOVEUP project not only achieves its intended outcomes but also establishes a sustainable and replicable model for promoting physical activity among individuals with chronic health conditions across Europe and beyond. By prioritizing proactive risk management, the MOVEUP consortium demonstrates its commitment to responsible stewardship of resources and a dedication to improving the lives



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of individuals affected by CHCs. The effective management is the guarantee of the great result and helps all citizens.

Project Objectives

The MOVEUP project had the overarching objective of improving the well-being and physical condition of adults living with mild chronic health conditions (like type 2 diabetes and hypertension). This is going to be achieved through adapted sports programs and a holistic approach that combine tailored physical activity, community engagement, and close collaboration with healthcare professionals.

More specifically, the project aims to:

1. **Enhance physical activity accessibility:** develop and implement five accessible and adapted sports programs (walking football, walking basketball, and catchball) specifically designed for people with type 2 diabetes and hypertension.
2. **Improve wellbeing and physical fitness:** achieve a measurable improvement in the wellbeing and physical fitness levels of participants through the adapted sports programs.
3. **Foster social inclusion:** Increase participants' sense of social inclusion and belonging through community engagement and the creation of a supportive peer network.
4. **Address erasmus+ specific objectives:** the project directly address the Erasmus+ Sport call priorities by promoting social inclusion, encouraging healthy lifestyles, fostering equality and participation in sport, and implementing innovative approaches to physical education and adapted sports.
5. **Disseminate and ensure sustainability:** share the project's results, findings, and best practices widely through various channels (website, newsletters, events, publications,

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etc.) to maximize impact. Establish a long-term sustainable network for ongoing collaboration and continued support.

The MOVEUP project intend to be innovative by adapting existing sports, fostering a holistic approach to health management, engaging with healthcare professionals, and promoting both community engagement and digital support. Its ultimate aim is to demonstrate the positive impact of adapted sports for individuals with chronic conditions and to create a replicable model for other organizations and communities.

The Key Components of the program proposed by the project:

Personalized programs for the specific needs of each group, to suit each person's abilities and limitations will be taken into consideration. Thus, we will have adapted team sports as walking football, walking basketball and catchball.

- Community engagement is equally important and connecting with others who share similar health challenges is invaluable. Therefore, project will consider a user-friendly app where users can exchange experiences, tips, and encouragement.
- Collaboration with Healthcare Professionals in a holistic approach will be done through close engagement with physicians, physiotherapists, and nutritionists. Regular check-ins with healthcare professionals will allow adjustments based on progress and any emerging health concerns.
- Certified and experienced trainers and coach experts will provide guidance on proper form, intensity, and modifications, will inspire users to push their limits while respecting their boundaries.
- From Scaling Up perspective, project envision expanding the program to reach more individuals at EU level through partnerships with sport federations and associations,

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corporate wellness programs, and community centres that will facilitate wider access. UEFA, Italian basketball Federation and International Catchball federation will accelerate then expansion, as promised in their letters of support.

In conclusion, the MOVEUP program isn't just about exercise; it's about fostering resilience, camaraderie, and hope. Together, project redefine what it means to thrive despite chronic health challenges.

Description

The MOVEUP project's work plan, as described in the application, is structured around five work packages (WPs), each with specific objectives, activities, and timelines. The plan incorporates a phased approach, with activities from different work packages often overlapping or running concurrently.

Work Package 1: Project Management and Coordination

- **Lead Beneficiary:** Asociatia Sportiva Corporate Games (ASCG)
- **Objectives:** To ensure high-quality project implementation, adhering to financial and administrative rules, maintaining effective communication, and implementing monitoring and evaluation systems.
- **Key Activities:**

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- **T1.1 Monitoring Activities:** Continuous monitoring of project progress, deadlines, and outputs.
- **T1.2 Risk Evaluation and Mitigation:** Identifying and assessing project risks and developing mitigation strategies.
- **T1.3 Reporting:** Preparing interim and final reports for the European Commission.

Work Package 2: Study on Sport and Chronic Health Conditions (Diabetes and Hypertension)

- **Lead Beneficiary:** International Diabetes Federation Europe (IDFE)
- **Objectives:** To gather data on the current state of sport participation among individuals with chronic health conditions, analyzing barriers, facilitators, and best practices.
- **Key Activities:**
 - **T2.1 Desktop Research:** Reviewing existing literature and evidence on sport and its impact on chronic conditions.
 - **T2.2 Focus Group:** Conducting focus groups to gather information about the experiences and needs of individuals with chronic health conditions.
 - **T2.3 Revealing Best Practices:** Collecting and documenting best practices from different countries.
 - **T2.4 First Wellbeing and Fitness Testing & Data Collection:** Baseline data collection on wellbeing and fitness levels among participants.
 - **T2.5 Second Wellbeing and Fitness Testing & Data Collection:** Post-intervention data collection to assess changes in wellbeing and fitness levels.

Work Package 3: Educating Coaches to Train People with Chronic Health Conditions (CHC)

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- **Lead Beneficiary:** Federatia Romana de Fotbal (FRF)
- **Objectives:** To train coaches to work effectively with individuals managing chronic health conditions, covering adapted sports, motivational communication, and health-related aspects.
- **Key Activities:**
 - **T3.1 Train Master Trainers Course:** Training experienced coaches to become Master Trainers.
 - **T3.2 Multiplying Training Sessions:** Master Trainers conducting local trainings to expand the pool of trained coaches.
 - **T3.3 Identification of Target Groups:** Identifying individuals with CHC for inclusion in adapted sports.

Work Package 4: Local Trainings and Competitions

- **Lead Beneficiary:** Asociatia Sportiva Corporate Games (ASCG)
- **Objectives:** To implement adapted sports programs and organize competitions to facilitate engagement with individuals with CHC.
- **Key Activities:**
 - **T4.1 Let the Game Continue! Demo Trainings:** Organizing demonstration sessions and friendly matches.
 - **T4.2 Pilot Event:** Conducting a pilot event to test the project's methodology and materials.
 - **T4.3 Yearly Participation in the European Week of Sport (EWoS):** Participation in EWoS events to raise awareness.

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- **T4.4 Annual Reward Gala:** Organizing reward events to celebrate achievements.

Work Package 5: Dissemination, Impact, and Sustainability

- **Lead Beneficiary:** MSV
- **Objectives:** To maximize the project's impact by widely disseminating its results and building a sustainable framework for its continuation.
- **Key Activities:**
 - **T5.1 Making the Project Visible:** Creating project branding materials (logo, website, video).
 - **T5.2 Project Newsletters:** Regularly distributing newsletters to stakeholders.
 - **T5.3 Local Dissemination Events:** Organizing local events to share project results.
 - **T5.4 Greener Environment and Sustainability in Sport:** Implementing environmentally friendly practices.
 - **T5.5 Growing Impact: Pilot Affiliation Network:** Building a network of organizations to promote sustainability.

This detailed work plan showcases the project's phased approach and the interconnectivity of its various components. The overlapping timelines reflect the dynamic nature of the project's implementation, with activities from different work packages interacting to achieve the overall project objectives.



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Risk plan and mitigation strategies

Below is described MOVEUP project - detailed Risk evaluation and mitigation plan and risk identification and assessment

The following table provides a detailed overview of potential risks, their likelihood and impact ratings, and the resulting overall risk level:

Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
R1	Political/Administrative Reluctance: difficulty securing necessary approvals, permits, or support from local government entities – project	Low	Medium	Low	All

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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	related organizations. This includes potential changes in priorities, staffing, or funding within relevant public agencies.				
R2	Legal/Regulatory Changes: Unexpected changes in regulations pertaining to sports activities, healthcare guidelines, data privacy	Low	Medium	Low	All



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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	(GDPR), or other relevant legal frameworks in participating countries.				
R3	<p>Organizational Inefficiency: Inadequate project management practices, poor communication among partners, insufficient monitoring, or failure to</p>	Low	Medium	Low	All, esp. WP1



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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	adhere to established procedures.				
R4	<p>Institutional Instability: Changes in leadership, restructuring, or financial difficulties within partner organizations that could disrupt their participation and commitments to the project.</p>	Low	Medium	Low	All, esp. WP4



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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
R5	Force Majeure: Unforeseen and uncontrollable events such as natural disasters (e.g., floods), pandemics, political instability, war, or other emergencies that could disrupt or halt project activities.	Low	High	Medium	All
R6	Partner Disengagement: Loss of interest from a partner,	Medium	Medium	Medium	All

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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	inability to meet obligations, communication breakdown, or internal conflicts within a partner organization that hinders their contributions.				
R7	<p>Inability to Achieve Results: Failure to recruit sufficient participants, low engagement in training, inability to adapt activities to</p>	Medium	High	Medium	WP2-5



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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	participant needs, or other factors that prevent the project from meeting its planned training targets or achieving desired program outcomes.				
R8	Inability to Maintain Quality: Poorly designed training materials, ineffective coaching methods, lack of	Medium	High	Medium	WP2-5

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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	cultural sensitivity, inadequate monitoring of participant progress, or failure to adhere to quality assurance guidelines.				
R9	<p>Budget</p> <p>Overruns: Underestimation of costs, unexpected expenses, currency fluctuations, or delays in receiving payments</p>	Low	High	Medium	All



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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
	from funding bodies that lead to financial constraints.				
R10	<p>Internal Conflict: Disagreements among partners regarding project direction, resource allocation, decision-making processes, intellectual property rights, or other operational matters.</p>	Medium	Medium	Medium	WP3,WP4



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Risk ID	Risk Description	Likelihood	Impact	Overall Risk Level	Work Package(s) Affected
R11	<p>Difficulty Engaging Stakeholders: Lack of interest from potential participants, difficulty recruiting qualified coaches, resistance from healthcare providers, or challenges in securing partnerships with community organizations.</p>	Medium	Medium	Medium	WP5

3. Detailed Mitigation Strategies

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The following table provides specific and actionable mitigation strategies for each identified risk:

Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R1	<p>Early Engagement: Develop relationships with key decision-makers in local governments. <i>Action Items:</i> Schedule meetings, provide regular updates, invite officials to project events. Secure letters of support before project launch. <i>Monitoring:</i> Track communication and attendance. <i>Contingency:</i> Identify alternative partners.</p>	ASCG, All Partners	Month 1-3	Staff time, travel expenses



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R2	<p>Legal Monitoring & Compliance: Assign legal counsel to monitor regulatory changes in each participating country. <i>Action Items:</i> Subscribe to legal alerts, consult legal experts, adjust project activities as needed, consult data privacy experts. <i>Monitoring:</i> Track changes, document compliance procedures. <i>Contingency:</i> Consult with legal experts, change project elements.</p>	All Partners	Ongoing	Legal fees, staff time



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R3	<p>Structured Project Management: Implement a project management framework (e.g., PRINCE2, Agile). <i>Action Items:</i> Assign roles with clear responsibilities, establish clear communication protocols, conduct regular progress meetings, use project management software. <i>Monitoring:</i> Track task completion, budget adherence, and milestones. <i>Contingency:</i> Reassign responsibilities.</p>	ASCG	Ongoing	Project management software, staff time



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R4	<p>Diversification of Support: Identify alternative institutional partners. <i>Action Items:</i> Build relationships with multiple organizations, establish memoranda of understanding, create formal agreements. <i>Monitoring:</i> Track communication, secure commitments, document institutional support. <i>Contingency:</i> Secure replacement organizations.</p>	All Partners	Ongoing	Staff time, networking costs



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R5	<p>Contingency Planning & Insurance: Create detailed disaster recovery and continuity plans. <i>Action Items:</i> Develop remote delivery strategies for trainings, identify alternative event locations, secure event insurance. <i>Monitoring:</i> Track potential disruptions.</p>	ASCG, All Partners	Month 1-6	Insurance costs, contingency budget
R6	<p>Due diligence & communication: Select partners with strong communication and similar goals. <i>Action</i></p>	ASCG, MSV, All Partners	Ongoing	Staff Time



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
	<p><i>Items:</i> Communication plan, due diligence checklist, regular reports, regular feedback. <i>Monitoring:</i> Ongoing communication, track partnership satisfaction and performance, documented disengagement processes. <i>Contingency Plan:</i> Pre-defined process for removal, and transition of responsibilities</p>			



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R7	<p>Participant engagement: Provide motivation and address potential barriers <i>Action Items:</i> Set realistic but clear targets, provide additional support if needed (Transportation funds, motivation, clear messaging). <i>Monitoring:</i> Track ongoing feedback, survey outcomes to understand ongoing goals, offer customized options <i>Contingency:</i> revise objectives</p>	All Partners	Ongoing	Motivation and Transportation Funds



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R8	<p>Quality management Action Items: Standardization of Training materials, and train and monitor the trainers, survey participant results, review the program content and methods regularly. Monitoring: survey ongoing feedback, make revisions when necessary, offer extra training and instruction for staff Contingency: Restrucure or retrain in key areas</p>	All Partners	Ongoing	Ongoing and revised process management



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
R9	Budget and Expense Tracking: <i>Action Items:</i> Develop a detailed budget, use accounting software and regularly monitor the expenses, identify alternative funding options. <i>Monitoring:</i> Track financial status, report on overages. <i>Contingency:</i> reduce non-essential expenses	ASCG	Ongoing	Time, software and fund reallocation
R10	Team Process Monitoring Action Items: Open communication channel (Zoom, Microsoft Teams, etc), regular	ASCG	Ongoing	Staff Time



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
	reviews for partnership results. <i>Monitoring:</i> Track that each vote is weighted fairly for each partner, look for team cohesion, etc. <i>*Contingency:</i> * Revise role, remove partner through voting and documented causes			
R11	Stakeholder Engagement: Set clear goals, provide motivation, create local outreach channels <i>Action Items:</i> Build relationships early, create custom messaging, provide motivation and	All Partners	Ongoing	Staff Time, Local Events



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Risk ID	Mitigation Strategy	Responsible Party(ies)	Timeline	Resources Required
	incentives <i>Monitoring</i> : Track number and engagement metrics within each channel * Contingency*: Relaunch campaign, identify additonal communication partners			



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4. Monitoring and Review Process

- **Regular Reviews:** The Risk Evaluation and Mitigation Plan will be reviewed and updated at least quarterly by the Project Leader (ASCG) and the Project Board.
- **Performance Indicators:** Key Performance Indicators (KPIs) will be established to monitor the effectiveness of mitigation strategies.
- **Reporting:** Risk status will be reported in project progress reports.

5. Communication Plan

- This Risk Evaluation and Mitigation Plan will be shared with all project partners.
- Regular meetings will be held to discuss risk management.
- Any significant changes to the risk plan will be communicated promptly.

6. Responsibilities

- **Project Leader (ASCG):** Overall responsibility for risk management, monitoring, and reporting.
- **Project Board:** Provides guidance, approves changes to the risk plan, and assists in resolving major issues.
- **Work Package Leaders:** Responsible for identifying and managing risks within their respective work packages.
- **All Partners:** Responsible for communicating potential risks, implementing mitigation strategies, and participating in risk management activities.



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7. Success Metrics

- Minimize disruption due to force majeure, internal issues, etc.
- Ongoing and effective participation throughout all aspects of the project
- Adherence to budgetary and timeline guidelines
- Overall project delivery of outcomes and impact

This detailed plan offers a roadmap for effectively managing potential risks to the MOVEUP project. By proactively addressing these risks, the project team can improve the likelihood of achieving project goals and delivering meaningful results.

