

keep it fun play fair  
go for it respect others  
include everyone  
stay healthy  
give back



**TRUE SPORT**  
lives here

**BC**   
**ARTISTIC**  
**SWIMMING**

## EVOLVE Project

- An innovative project focused on shifting the culture of artistic swimming in BC to create a **healthier** space for children and youth to grow up, for people to swim, work, and volunteer, and one that is **collaborative, inclusive, and self-reflective**.

## Policy to Practice...

How do we create real, meaningful change...

- the long game...takes endurance
- engagement across all stakeholder groups (ex. coaches, admin, parents, athletes, officials)
- intentional and calculated – the culture we seek is X so the environments we will foster are Y
- consistent, day in and day out – part of everything we do

**We've got  
something for  
everyone...**

# True Sport Principles

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**مبادئ الرياضة الحقيقية**

**انطلق نحو الرياضة**  
 Take to the challenge / Challengez-vous les conditions.  
 Discover how good you can be.  
 اكتشف قدراتك.

**العب بصدق**  
 Play honestly / Joue honnêtement. Respect the rules / Respects les règles et joue les sports.  
 Winning is only meaningful when competitors in fair.  
 الفوز ليس له معنى إلا عندما يتنافسون على قدم المساواة.

**احترم الآخرين**  
 Show respect for everyone involved in competing / Montre respect pour tous les participants impliqués dans la compétition.  
 Respect the rules of the game / Respects les règles du jeu.  
 Respect your body and keep on playing.  
 احترم جسمك واحافظ على اللعب.

**حافظ عليها بصحة**  
 Stay healthy / Reste en bonne santé. Follow all other considerations / Suivez toutes les autres considérations.  
 Stay healthy and safe / Reste en bonne santé et sûr.

**شارك الآخرين**  
 Share your skills / Partage tes compétences.  
 Encourage others to play / Encourage les autres à jouer.

**رد الجميل**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.  
 Trouve des façons de soutenir ton sport et aide à le rendre spécial.

Arabic

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**True Sport Principles**

**Go For It**  
 Take to the challenge / Challengez-vous les conditions.  
 Discover how good you can be.

**Play Fair**  
 Play honestly / Joue honnêtement. Respect the rules / Respects les règles et joue les sports.  
 Winning is only meaningful when competitors in fair.

**Respect Others**  
 Show respect for everyone involved in competing / Montre respect pour tous les participants impliqués dans la compétition.  
 Respect the rules of the game / Respects les règles du jeu.  
 Respect your body and keep on playing.

**Keep It Fun**  
 Stay healthy / Reste en bonne santé. Follow all other considerations / Suivez toutes les autres considérations.  
 Stay healthy and safe / Reste en bonne santé et sûr.

**Stay Healthy**  
 Share your skills / Partage tes compétences.  
 Encourage others to play / Encourage les autres à jouer.

**Include Everyone**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

English

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**Principes Sport pur**

**Vas-y**  
 Take to the challenge / Challengez-vous les conditions.  
 Discover how good you can be.

**Fais preuve d'esprit sportif**  
 Play honestly / Joue honnêtement. Respect the rules / Respects les règles et joue les sports.  
 Winning is only meaningful when competitors in fair.

**Respecte les autres**  
 Show respect for everyone involved in competing / Montre respect pour tous les participants impliqués dans la compétition.  
 Respect the rules of the game / Respects les règles du jeu.  
 Respect your body and keep on playing.

**Amuse-toi**  
 Stay healthy / Reste en bonne santé. Follow all other considerations / Suivez toutes les autres considérations.  
 Stay healthy and safe / Reste en bonne santé et sûr.

**Garde une bonne santé**  
 Share your skills / Partage tes compétences.  
 Encourage others to play / Encourage les autres à jouer.

**Inclus tout le monde**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

**Donne en retour**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

French

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**Promueve Estos Siete Principios**

**Ve a por el deporte**  
 Take to the challenge / Challengez-vous les conditions.  
 Discover how good you can be.

**Juego limpio**  
 Play honestly / Joue honnêtement. Respect the rules / Respects les règles et joue les sports.  
 Winning is only meaningful when competitors in fair.

**Respetar a otros**  
 Show respect for everyone involved in competing / Montre respect pour tous les participants impliqués dans la compétition.  
 Respect the rules of the game / Respects les règles du jeu.  
 Respect your body and keep on playing.

**Mantén la diversión**  
 Stay healthy / Reste en bonne santé. Follow all other considerations / Suivez toutes les autres considérations.  
 Stay healthy and safe / Reste en bonne santé et sûr.

**Mantente sano**  
 Share your skills / Partage tes compétences.  
 Encourage others to play / Encourage les autres à jouer.

**Incluye a todos**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

**Apoyar la comunidad**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

Spanish

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**Tāpwē Mētawēwini Masinahikan**

**Māšca nawatina**  
 Take to the challenge / Challengez-vous les conditions.  
 Discover how good you can be.

**Kwayask mētawēk**  
 Play honestly / Joue honnêtement. Respect the rules / Respects les règles et joue les sports.  
 Winning is only meaningful when competitors in fair.

**Kistenimik kahkinow ininowak**  
 Show respect for everyone involved in competing / Montre respect pour tous les participants impliqués dans la compétition.  
 Respect the rules of the game / Respects les règles du jeu.  
 Respect your body and keep on playing.

**Kwayask mino mētawēk**  
 Stay healthy / Reste en bonne santé. Follow all other considerations / Suivez toutes les autres considérations.  
 Stay healthy and safe / Reste en bonne santé et sûr.

**Kanawēnihtamok mino ayāwīn**  
 Share your skills / Partage tes compétences.  
 Encourage others to play / Encourage les autres à jouer.

**Kakinaw ininowak māmowinihkok**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

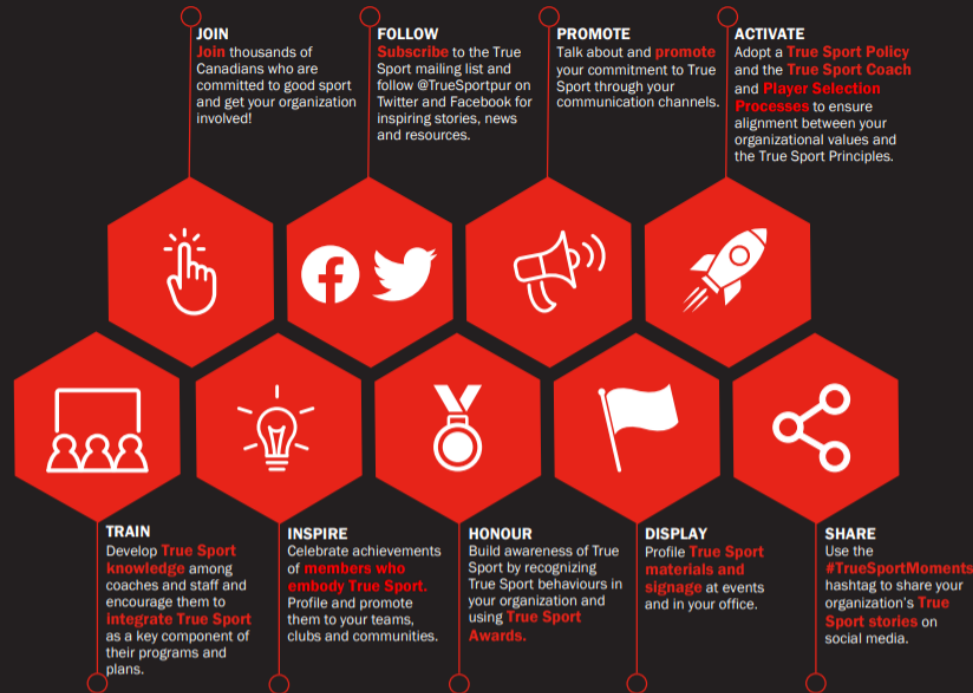
**Kiwē pakitiṅāso**  
 Find ways to show your appreciation for the community / Trouve des façons de montrer ton appréciation pour la communauté.  
 That supports your sport and helps make it special.

Swampy Cree

# True Sport Lives Here: Infographics Sport Organizations

## TRUE SPORT LIVES HERE: ORGANIZATIONS

Start your True Sport journey here. Because good sport can make a great difference.



# True Sport Lives Here: Infographics Coaches

## TRUE SPORT LIVES HERE: COACHES

Start your True Sport journey here. Because good sport can make a great difference.

### JOIN

Join thousands of Canadians who are committed to good sport and show all that good sport has to offer!



### FOLLOW

Subscribe to the True Sport mailing list and follow @TrueSportpur on Twitter, Instagram and Facebook for inspiring stories, news and resources.



### PROMOTE

Talk about True Sport with your team and use **The Ride Home** to introduce True Sport to the parents.



### ACTIVATE

Use the **Player Selection Process** for Team Sports to communicate your commitment to fairness and transparency. **Develop True Sport Agreements** with athletes and parents and commit to keeping it for the season. Emphasize **ethical literacy** as well as physical literacy.



### INSPIRE

Live by the **True Sport Principles**. Model and encourage others to do the same.



### HONOUR

Recognize athletes, parents and opponents who demonstrate behaviour consistent with True Sport.



### DISPLAY

Profile **True Sport materials and signage** in your team locker room, practice areas and facility. **Add the True Sport logo** to your uniforms and gear.



### SHARE

Promote what you do through **social media** and on your website. Use the **#TrueSportMoments** hashtag to share your **True Sport stories** on social media.

# *True Sport Branding*



Uniforms



Promotional Items



Field of Play

# SPORT ORGANIZATIONS

## VALUES-BASED COACHING MODULE



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BEGIN



# *True Sport Policy*



**True Sport Policy Template**  
Use the customizable policy template to demonstrate your organization's commitment to the True Sport Principles.

[VIEW](#)

# True Sport Selection Guides



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## Player Selection Process for Team Sports

A values-based principle-driven guide to player selection



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## Coach Selection Process

Guidelines & Tips: A values-based principle-driven guide to coach selection

# EVENTS



# *True Sport Oaths*

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## **ATHLETES' OATH**

IN THE NAME OF ALL COMPETITORS TAKING PART IN THE \_\_\_\_\_, I PROMISE THAT WE WILL COMPETE WITH HONOUR AND RESPECT. IN THE SPIRIT OF TRUE SPORT, WE WILL ABIDE BY THE RULES OF THE GAMES AND RECOGNIZE THE COMMITMENT OF THE TIRELESS VOLUNTEERS WHO MAKE THIS EXPERIENCE POSSIBLE.

I pledge our commitment to the True Sport Principles; we will strive for excellence, stay healthy in mind, body and spirit, and have fun.

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SPORT**  
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## **COACHES' OATH**

IN THE NAME OF ALL COACHES TAKING PART IN THE \_\_\_\_\_, I PROMISE THAT WE WILL COACH IN A MANNER THAT IS CONSISTENT WITH THE SPIRIT OF TRUE SPORT.

I pledge our commitment to the True Sport Principles; we will model what we expect from all athletes; fairness, excellence, inclusion and fun.

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## **OFFICIALS' OATH**

IN THE NAME OF ALL JUDGES AND OFFICIALS TAKING PART IN THE \_\_\_\_\_, I PROMISE THAT WE WILL OFFICIATE THESE GAMES WITH COMPLETE IMPARTIALITY; ABIDING BY AND ENFORCING THE RULES WHICH GOVERN THEM, IN THE SPIRIT OF TRUE SPORT.

I pledge our commitment to the True Sport Principles; we will strive to uphold a level playing field and a respectful and positive sporting experience for all.

# Coaches

# *True Sport Agreement*



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**The True Sport Agreement:  
Your Values in Action**

A Team Approach

# True Sport LTD Matrix 2.0

Girls 6-8, Boys 6-9

All

APPLY

## Stage 2: FUNdamentals

### Fundamental Movement Skills

*(Girls 6-8, Boys 6-9)*

Players should participate in stimulating practices and games that develop basic technical skills.

### KEEP IT FUN

Keep it Fun Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

- ✓ Focus on learning and having fun.
- ✓ Introduce formal competition in moderation.
- ✓ Have a positive attitude.
- ✓ Discourage specialization in a single sport.
- ✓ Follow your sport's LTAD guide to coordinate structured, age-appropriate games and activities.

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# *True Sport Activity Calendar*



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**ACTIVITY CALENDAR**

[www.truesport.ca](http://www.truesport.ca)

# *True Sport Award*

## **TRUE SPORT AWARD**

**PRESENTED TO:**

\_\_\_\_\_  
NAME

in recognition of your commitment to living and  
exemplifying the True Sport Principles.

\_\_\_\_\_  
SIGNED

\_\_\_\_\_  
DATE

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# *Values-Based Coaching Module*

## **VALUES-BASED COACHING MODULE**



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**BEGIN**

# True Sport Team...#imlike



**Sara-Amélie**

**#Go For It**

*S-A doesn't give up when things are tough. She learns from her mistakes and pushes herself to discover how good she can be.*



**Rosali**

**#Play Fair**

*Rosali understands and respects the rules of the game. She plays honestly and wants everyone to have a fair shot. She knows that winning is only real when everyone follows the rules.*

**Rey**

*Rey shows respect for everyone regardless of their differences. They are polite and courteous. They win with dignity and lose with grace.*

**#Respect Others**



# Parents

# Safe Return to Community Sport Guide

## Safe Return to Community Sport: A True Sport Guide for Parents and Caregivers

Use this guide to help navigate your child's return to sport amidst the COVID-19 pandemic. Keep in mind that certified coaches, the rule of two, background checks and safe sport practices are foundational to a good sport experience. Ensure your club or association is sanctioned and is compliant with their provincial and national governing bodies.

### Go For It

- 1 Is the sport program implementing a phased approach for a safe return to sport?
- 1 Is the sport program committed to continual improvement and preventative practices to mitigate the spread of COVID-19?
- 1 Will there be opportunities for my child to work hard and have fun within the constraints of the "new normal"?



### Play Fair

- 1 Am I required to sign an Assumption of Risk or some other COVID-19 waiver for my child?
- 1 Are the return-to-sport processes and requirements applied consistently and fairly for all participants?
- 1 Does your province and sport organization have safe return-to-sport guidelines?
- 1 Does the return-to-sport process appropriately reflect the approach to COVID-19 in my province and/or region?

# *The Ride Home*

# True Sport Tips for Parents



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## Do

- ✓ Support your child unconditionally.
- ✓ Attend your child's games, practices and sporting events regularly.
- ✓ Cheer for and encourage your child, their teammates and their opponents.
- ✓ Model self-control, good problem-solving and conflict management skills.
- ✓ Appreciate and thank officials and encourage others to do the same.
- ✓ Encourage commitment, teamwork, respect and punctuality.
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport.
- ✓ Encourage your child to strive for personal growth and excellence.
- ✓ Find ways to keep it fun!
- ✓ Be your child's biggest fan.



## Consider

- ✓ Listening to your child to understand their motivation.
- ✓ Seeking feedback about your behavior from others to keep yourself in check.
- ✓ Practicing with your child at home. Play with them! Keep it fun!
- ✓ Speaking up when other parents, coaches, or spectators are behaving poorly.
- ✓ Volunteering to help out regularly.
- ✓ Not rushing your child through the fun stages. Let them be a kid!



## Don't

- ✗ Let your emotions get the better of you.
- ✗ Yell out advice and criticism to your child or others.
- ✗ Ask your child to act one way and then model something else.
- ✗ Compare your child with others.
- ✗ Focus the sport experience solely on winning.
- ✗ Treat your child differently after a win versus a loss.
- ✗ Undermine the coach.
- ✗ Use the ride home to critique your child.






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True Sport Tips for Parents  
Keeping it Fun!

keep it fun play fair  
respect others  
include everyone  
stay healthy  
give back  
go for it

Share your favourite  
tips with us:

[www.truesport.ca](http://www.truesport.ca)

   @TrueSportpur

# Breakout Rooms

## Let's Discuss!

- Discuss the resources presented...
- Have you implemented any yourself? Which ones? What learnings could you share with the group? What was easy, what was hard? Was it worthwhile?
- Could you commit to trying at least one over the next year? If so, which would it be? Do any of them seem like “easy wins”?
- What's missing? What new True Sport tools/resources would be most useful to you and your network?

**Thank you for your participation!**