

# RMMLA Fair Play Code of Conduct: Athletes

## FAIR PLAY: An Athlete's Role

*Everyone involved in sport, from parents and spectators to athletes, officials and coaches, can and should play a part in promoting fair play. The easiest way to do this is to lead by example and to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.*

### As an athlete you have an opportunity to get the best out of sport. You can

- participate because you want to, not just because your parent or coach wants you to.
- cooperate and respect your coach, teammates and opponents, because without them, there would be no game.
- always try to control your temper. Competition is stressful and can provoke powerful emotions, but verbal and/or physical abuse spoil the game for everyone.
- remember that winning isn't everything. While it's great to win, it should always be fun to play.

## **FAIR PLAY CODES FOR ATHLETES**

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper – fighting and mouthing off can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good players/performance – those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
9. I will respect and encourage my teammates and not ridicule or belittle them.

Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Signature: \_\_\_\_\_



# RMMLA Fair Play Code of Conduct: Parents

## **FAIR PLAY: A Parent's Role**

*Everyone involved in sport, from parents and spectators to athletes, officials and coaches, can and should play a part in promoting fair play. The easiest way to do this is to lead by example and to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.*

## **As a parent, you have significant impact on how your child feels about his or her achievements in sport, and in all aspects of life. You can:**

- avoid forcing your child to participate in a sport, and remember that your child is playing for his/her enjoyment, not yours.
- discuss Fair Play issues openly with your child. Encourage him/her to play by the rules and resolve conflicts without resorting to violence. Help them understand that violence is unacceptable in professional sport.
- teach your child that although it is fun to win, trying hard and doing one's best is really the name of the game. Never ridicule or get angry at your child for making a mistake or losing a competition. Offer constructive advice and assurance that continued effort will make for improved performance the next time out.
- remember that children learn best by example. Be a supportive and fair spectator. Applaud good plays by members of both teams.

## **FAIR PLAY CODES FOR PARENTS**

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his/her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child or others for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good players/performances by both my child's team and their opponents.
8. I will never question the officials' judgement or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give time to provide activities for my child.
11. I will not abuse, ridicule or belittle the players, coaches or officials.

Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Signature: \_\_\_\_\_

