



# Fair Play: Players

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 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. Without them, there would be no game.
- Always try to control your temper. Competition is stressful and can provoke powerful emotions but fighting and mouthing off 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 PLAYERS

- 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/performances – 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.