

# Principles for Sport

## Go For It

Always rise to the challenge.  
Discover how good you can be.

## Play Fair

Play honestly and obey the rules.  
Winning is only real when competition is fair.

## Respect Others

Respect teammates, competitors and officials both on the field and off.  
Win with dignity and lose with grace.

## Keep it Fun

Have a good time.  
Keep a positive attitude and contribute to a positive atmosphere.

## Stay Healthy

Respect your body. Keep in shape.  
Avoid unsafe activities.

## Give Back

Do something that helps your community.

# Principles for Communities

## Recognize Sport as a Valuable Community Asset

Help sport live up to its full potential.

Enable it to contribute to the well-being of the entire community.

## Champion Ethical Conduct

Commit to fair play. Make respect for the rules, officials, coaches and players a priority – on the field and on the sidelines.

## Promote Inclusion

Remove barriers. Encourage participation.

Make it possible for everyone to get involved and stay involved.

## Strengthen Connections

Create opportunities for people to get together through sport.

Make newcomers feel welcome. Promote friendship, trust, cooperation and respect.

## Support Excellence

Teams and athletes carry the hearts and hopes of the community wherever they compete.

Help them to be the best they can be.

## Foster Healthy, Active Lifestyles

Inspire people to get active and stay active. Offer a variety of sport opportunities – both structured and unstructured – that are inviting, enjoyable and rewarding for all.

## Create Safe and Welcoming Environments

Develop, protect and nurture places and spaces that are hospitable and conducive to the safe enjoyment of sport.

## Celebrate Contribution

Recognize and honour the people – coaches, organizers, officials and volunteers – whose contribution makes sport possible and positive in the community.