

Beyond the Race: Supporting Safe and Positive Regattas



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We want you to feel safe!

- Do what you need to do to take care of yourself
- Contribute however you're comfortable
- Lessons leave, stories stay
- Be respectful and kind
- Ask the hard questions
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- Illustrations by Storyset <https://storyset.com>



Safety in Sport

- Physical Safety
- Emotional Safety
- Psychological Safety
- Cultural Safety

The Sport Canadians Want

- 92% of Canadians believe that community-based sport can have a positive influence on the lives of youth
- 57% believe that community sport currently reinforces these positive values to a great extent
- Benefits of sport can only be fully realized when it is inclusive, fair, fun, and fosters genuine excellence
- Check out True Sport at <https://truesportpur.ca/>

TRUE
SPORT

True Sport Principles

Go For It

Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair

Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others.
Remember what you love about sport and why you play.

Stay Healthy

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.

Navigating Safe Sport

- Help people know what's ok and what's not
- Provide guidance on possible next steps
- Connect people to resources that help them take those steps
- Flag Tool for Sport

What's ok and what's not?

- Flag Tool for Sport (<https://flagtool.viasport.ca/>)
- Use anytime
- Works on any device
- Save to your homescreen
- Promote in your facility



Scenario 1

- Group of athletes being mean to one of their crew
- Purposefully not taking their share of the weight
- Then excluding the same athlete from victory celebrations

viaSport Tools & Resources

- Organizations: <https://viasport.ca>
- Public: <https://playsafebc.ca/>
- Bystander Intervention training
- Flag Tool for Sport
- Mediation service
- Conflict Management workshops