

**HEALTHY RECREATION  
AND SPORTS ENVIRONMENTS  
ARE UP TO US ...**

**WE**



**ALL PLAY  
A PART!**

As a parent, coach, official, administrator, spectator, activity leader, manager, volunteer, athlete, participant ...

**I HAVE A ROLE TO PLAY**  
to ensure **healthy** and **safe** practice areas.

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## **INCLUSION**

*Everyone has the right to practise sports and recreation.*

## **SAFETY**

*Everyone should help reduce risks and ensure it's safe to practice and to play.*

## **RESPECT**

*Everyone should act with restraint, discretion and courtesy.*

## **WELL-BEING**

*When done for fun, sports and recreation activities are more enjoyable.*

## **FULFILLMENT**

*Do your best to keep improving.*