

# The Respectful Athlete

## OVERVIEW

Respect in sport is integral to creating environments where all participants feel safe and valued, and are able to focus on learning new skills and enjoying their sport. Young athletes must treat other players, coaches, officials, and spectators with respect at all times. This self-paced online course is designed to help adolescents and teens deepen their understanding of both acceptable and unacceptable attitudes and behaviours, and identify practical ways to support an inclusive, respectful sport environment.

## PARTICIPANTS WILL LEARN:

- The importance of respect in sports and the personal characteristics of a respectful athlete.
- Definitions of discrimination, harassment, and bullying.
- General rules and regulations used by sport teams, leagues, and associations to guide behaviour, and the potential consequences for breaking those rules and regulations.
- How to recognize acceptable and unacceptable attitudes and behaviours.
- How to respond appropriately in situations involving unacceptable behaviours.

## ABOUT THE LEARNING EXPERIENCE

- **Immediate access.** Participants can start training right away and can download a *Certificate of Completion* as soon as they pass mandatory testing.
- **Self-paced.** Individual learners move through the material at a pace that matches their learning style and prior knowledge of the topic.
- **Available on any device.** Participants can use their computer, smartphone, or tablet. All they need is an internet connection.
- **Interactive and practical.** This isn't just about reading or watching videos. Interactive exercises, quizzes, and scenario-based activities keep participants engaged and reinforce key concepts.

## TIMELINE FOR COMPLETION

This is a self-paced course. Most participants will complete their training within 30 minutes.