



Fair Play Gymnastics Club's Kit



Items in this kit includes:

Fair Play Announcement

Posters - Fair Play Facility Code
Fair Play Participants Code

Coaches Guide for Fair Play - Master form for photocopying
Participants Guidelines for Fair Play - Master form for photocopying
Parents handout describing Fair Play - Master form for photocopying
 A) competitive B) recreational
Acknowledgement Form for Fair Play
Suggested ideas for Fair Play awards system
Suggested ideas for mass participation games
Order form for additional supplies - Fair Play materials

Other Kits available include
Competition Fair Play Kit



Fair Play Coach's Guide



Coaches

- Act in the best interest of the athlete's development as a whole person
- Maintain high standards of personal conduct
- Be courteous and respectful towards other coaches and players - Please and thank-yous go a long way! What ever standards are set in the gym will set the tone and the kids quickly will adapt to those standards as gym life.
- Accept and respect official's decisions
- Be well prepared
- Enforce penalties for participants who do not live up to the standards of fair play
- Instruct participant that fair play is their number one priority
- Set a good example
- Do not use profanity or vulgar gestures
- Remember that you are very visible and participants, and fans look to you for direction, your behaviour affects others
- Be modest in victory and gracious in defeat

Please read the following two pages as the information is very pertinent to the program. Thank-you for taking the time to read and digest this material - you are very important to the kids, parents, clubs, fans and program. They are watching us more closely than we think and it is very easy to forget that as we get lost in what we are doing. Please help make Fair Play a daily action event! With effort and time let's help children grow!

Coach's Guidelines

Fair Play - Club Kit



Fair Play Participant Guidelines



Our Fair Play Code

Respect at all times for participants, coaches, officials, teammates, spectators, opponents, administrators and volunteers.

Sportsmanship prior to, during and following the activity; demonstrating modesty in victory and composure in defeat.

Knowledge of all rules, whether written or unwritten, and following the spirit of those rules.

Access for all to participate, regardless of age, gender, race or skill level.

Participation in a manner that demonstrates more than just the desire to win. Having fun, making friends, improving skills and performing your personal best must be just as important when participating.

(Note to Parents - this handout was discussed with the kids in gymnastics class today as part of our club's participation in Gymnastics Nova Scotia Fair Play Program.)

Participant Guidelines

Fair Play - Club Kit

Fair Play



Parent Guide - Recreation Participants



Welcome to the Fair Play Program for Gymnastics! Gymnastics Nova Scotia officially announced involvement in this program Feb. 9, 2002. The Fair Play Program reinforces the positives of participation for enjoyment as well as competition. It holds everyone accountable and minimizes the potential for problems. All registered gymnastics clubs automatically become part of this program and the club is approved for advertising as a Fair Play participant.

A complete action plan is in place to secure participation from officials, coaches, gymnasts, parents, administrators and clubs through activities and media as well as appropriate changes to the GNS policy manual. This will be an ongoing evolving program and become an integral part of participation in gymnastics.

Some of the projects we are currently working on include:

Fair Play Kits to be distributed to all clubs.

Fair Play Competition Kits for all host committees.

Fair Play Kits for Officials

Fair Play handouts for Parents

NS team guidelines for participation - coaches, officials, athlete signed agreements, addition of Fair Play logo on track suits.

All 3M NCCP technical courses to include a presentation of GNS policy on Fair Play

Fair Play Awards Program

Letterhead and Web page changes to include Fair Play logos.

Suffice it to say this is a big project and it will take time to get all phases completed. As a parent of an athlete who is part of this program it will be important for you to understand the Athlete's/Participants code as well as the Facility/Spectators Code.

Athlete/Participant - Our Fair Play Code

Participant - Our Fair Play Code

Respect at all times for participants, coaches, officials, teammates, spectators, opponents, administrators and volunteers.

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Knowledge of all rules, whether written or unwritten, and following the spirit of those rules.

Access for all to participate, regardless of age, gender, race or skill level.

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Our Fair Play Facility Code



ENJOY the sport and the competition

CHEER as much as you want

Verbal or Physical abuse of fellow players, spectators, coaches or officials will not be tolerated!

We are all here to have fun and enjoy ourselves.

PLEASE don't take the fun out of sports for others.

If you disregard our policy, you will be asked to leave our FAIR PLAY FACILITY.

At the competitive level the athletes will be encouraged to understand that competitions are more than the awards or the not getting of awards! There will be Meet Memories Cards handed out to all the athlete and they will be encouraged to fill them out as a keepsake of the event.

Coaches/ Officials will be recipients of presentations and reminded of their role in dealing with children and the examples they set. Kids will copy what they see! Parents set examples! Our actions and reactions are all copied! The Fair Play Program is an action event not a word game and all are participants.

Gymnastics Nova Scotia is very proud to be part of the Fair Play Program and encourages your participation.



Fair Play Acknowledgement Form



Club: _____

Acknowledgement form for Parents

I _____ have received a copy of the GNS Fair Play information sheet. I have read and understand the policies as they are written. I agree to the terms and will follow the Fair Play Code of Conduct both in our gym as well as in other gyms.

Signature of parent: _____ Date: _____

I give permission for my daughter/son _____ to be photographed or videotaped for advertising purposes on our web site as well as local newspapers.

Signature of parent: _____ Date: _____

Acknowledgement Form for Gymnast

I _____ have had my parent read the Fair Play Code of Conduct to me at home. I understand the code and I agree to follow the Fair Play Code when I am in our gym as well as in other gyms.

Gymnast Signature: _____ Date: _____

Parent Signature: _____ Date: _____



Fair Play Awards



Fair Play awards should be well thought out. Remember that young to teenage children very often do not understand sportsmanship awards that single out individuals. As their friend gets an award they may be thinking - "I did that too why am I not good enough to get an award?"

Another consideration is that every individual who receives special attention or an award should have something personal said to them upon receipt of the award or attention - such as - "Josie it was noticed by a number of people how you have made our guest gymnasts feel so welcome thank-you for helping them feel comfortable" in our gym.

Fair Play Award ideas - (please feel free to be creative and let us know what works for you). Stickers, Certificates, pins, t-shirts may be available soon through GNS. Design whole group awards!

1. Create Fair Play ambassadors for all individuals who represent your club in a traveling situation. It is an opportunity to set expectation levels re code of conduct.
2. Watch for a really good day in the gym where a number of very positive Fair Play actions took place and at the end of the day have everyone sit down and congratulate the whole group! (Comment on the positive actions noticed, without naming individuals, be sure to comment positively for the whole group - Make sure everyone realizes how important they are to the whole group! This works really well in a recreational or competitive environment.
3. Take every opportunity as a child leaves the gym to comment honestly and directly to the child but within earshot of the parent how wonderful they worked today, or how considerate of their friend they were today or how well they remembered their please and thank-yous! Select a growth area in your comment!
4. Involve the kids in a discussion of what would make new gymnasts coming to the class feel more comfortable. What could they do to ease the transition from newness to belonging to the group!

Awards
Fair Play - Club Kit



Mass Participation Games



Choose games where all abilities may play at the same time - go for mass participation and fun! Leave them laughing!

Examples are: tag games, use crazy variations - toilet tag (can be played with arm for flush or caught person sits and another sits on lap and flushes arm) giant log rolls, Atlantic Ocean, group knots.

Use theme games, (make up games for your area - eg. An area noted for loggers is perfect for lumberjack team games)

- log roll relay races (log roll up run back)
- 3 man log weaving (count # full weaves original person back to center in 20 sec.)
- log carry (team carries tight person around pylon course and must switch around for at least three different carries)
- portaging in a boat (we turned the top of a wooden box upside down on the floor mat, one person rides and the others push to the end, team switches till all ride once.)
- log balance (design a twisting obstacle path on floor - whole team is on path, foam or bean bag is on first persons head, whole team moves on path until object falls off first person then moves to end of line and object is on top of #2's head, team moves to finish, winner is team with fewest drops)
- heavy log carry (heaviest person lies on top of whole team lying parallel and close together on floor, as team rolls forward together the log moves ahead, the back person will constantly have to move to the front to keep the log moving - it is a race to the other end of the floor mat)
- bear chase (bear tag - everyone moves in bear walk/run with straight legs).