



**SPORT ÉTUDIANT**

## **Sports Ethics Workshops**

### **Summary**



# Summary



## **Preamble**

In the wake of the awareness campaign on the problems related to sports ethics in Québec launched by the Ministère de l'Éducation, du Loisir et du Sport, the FQSE set up a workshops program intended for coaches in student sports and decision makers. This series of workshops is the first in a series of initiatives related to sports ethics in student sports. The following steps are intended for other stakeholders in the milieu, including athletes, officials and spectators.

## **Goal**

The goal of the workshop is to contribute to incorporating positive sports-ethics values into the student sports network.

## **Background**

The workshops were designed by Jacques Desrochers, executive director of the Association régionale du sport étudiant de Montréal (ARSEM) and Gustave Roël, administration officer for student affairs at the Commission scolaire de la Pointe-de-l'île. They developed the "3Rs" program on sports ethics. The "3Rs" program is three simple rules to remember: respect for yourself, respect for others and responsibility for your actions.

### **Respect for yourself**

- Enjoy your sport
- Have confidence in your judgement and values
- Respect your body and health

### **Respect for others**

- Be a good team player
- Respect your opponent and officials, without them, there is no game and their effort is no less than yours

### **Responsibility for your actions**

- Think of the consequences of your actions
- Treat others the way you want to be treated
- Be respectful, don't "trash talk"
- Remember, it's not always someone else's fault

Jacques Desrochers and Gustave Roël have successfully led 14 workshops during the 2005-2006 season for coaches at the secondary level of the ARSEM. Their experience served as a guide in adapting the workshops at the provincial level and at other education levels.

# Summary



## **The Coach, a key player**

We all know that coaches play an important role in the lives of young people. But to what extent? According to a study conducted by the *Régie de la sécurité dans les sports du Québec*, 94% of young Québec athletes at the secondary level admit that, in general, they listen to coaches. Compare that result with 56% obtained for the same question regarding a father relationship, 52% in a mother relationship, 64% in a teacher relationship and 43% in a friend relationship. In many cases, coaches have no idea of the extent and breadth of their influence.

## **Target group**

It is only normal that the program is intended for coaches. Measures will be put in place to ensure that coaches in student sports in Québec will have participated in the workshop on sports ethics before the end of the 2006-2007 school year. However, their supervisors (called decision makers) are also targeted by the program, because they have an important role to play in setting up and reinforcing positive ethics-based values in their educational institutions. A presentation will be made to the latter at the beginning of the 2006-2007 school year, prior to the workshops for coaches, and they will be convened to participate in a workshop for “decision makers” at the beginning of the following school year. The workshop will allow them, among other things, to learn about the coaches’ observations and suggestions.

## **Workshop**

The principle underlying the coach training is very simple: it is not intended to lecture them. The training is aimed at raising awareness of sports ethics. The coach must reflect on his own sports-ethics values. Subsequently, he must realize that his actions always have a significant influence on the athlete.

The workshop is conducted in a friendly environment conducive to discussion. A large portion of the workshop will be devoted to scenarios. Each session which lasts two and a half hours is intended for groups of no more than 30 participants. The room is arranged in a manner that ensures greater cohesion in the group.

Here are the items on the agenda:

- Presentations
- Context
- Presentation of the meeting objective
- Presentation of the “3Rs” program with examples adapted to the level of education
- Preparation of a list of sports-ethics situations experienced by participants
- Presentation of various groups affected by sports ethics and their role/impact
- Three scenarios presenting experiences and discussion of differing points of view
- Discussion on victory: What is victory? An objective or a consequence?
- Preparation of a list of the changes required to improve sports ethics in their milieu
- Acknowledgments, drawings and evaluation

# Summary



## Scenarios

The highlight of the workshop is the segment dealing with scenarios. At each session, three scenarios are chosen, highlighting stakeholders who have an influence at the education level concerned, such as a coach, decision maker, athlete, official, parent, etc. It is during discussions that the facilitators will be able to select the best from the group by comparing and contrasting the differing opinions of stakeholders and by making them aware of the important influence they exert on their athletes.

## Leadership

Leadership is central to the success of each workshop. Facilitators must encourage participation, raise sensitive issues, throw out thought-provoking questions and control volatile situations. In fact, they must maintain a sound environment conducive to discussion and awareness. Each RSSA must recommend one or two pairs of facilitators for the secondary level for each RSSA. The FQSE will select candidates to lead workshops at the collegial and university levels. The approved selection criteria will be conveyed to the RSSA in June. The teams selected will participate in a training session given in Montréal or in Quebec City next October.

## Tools

In addition to the training session and the ongoing access to trainers, tools will be provided to the facilitators, including a list of available resources on sports ethics. Stakeholders attending the sessions will receive a binder containing the basic principles, including the “3Rs” program, and a list of available resources on sports ethics.