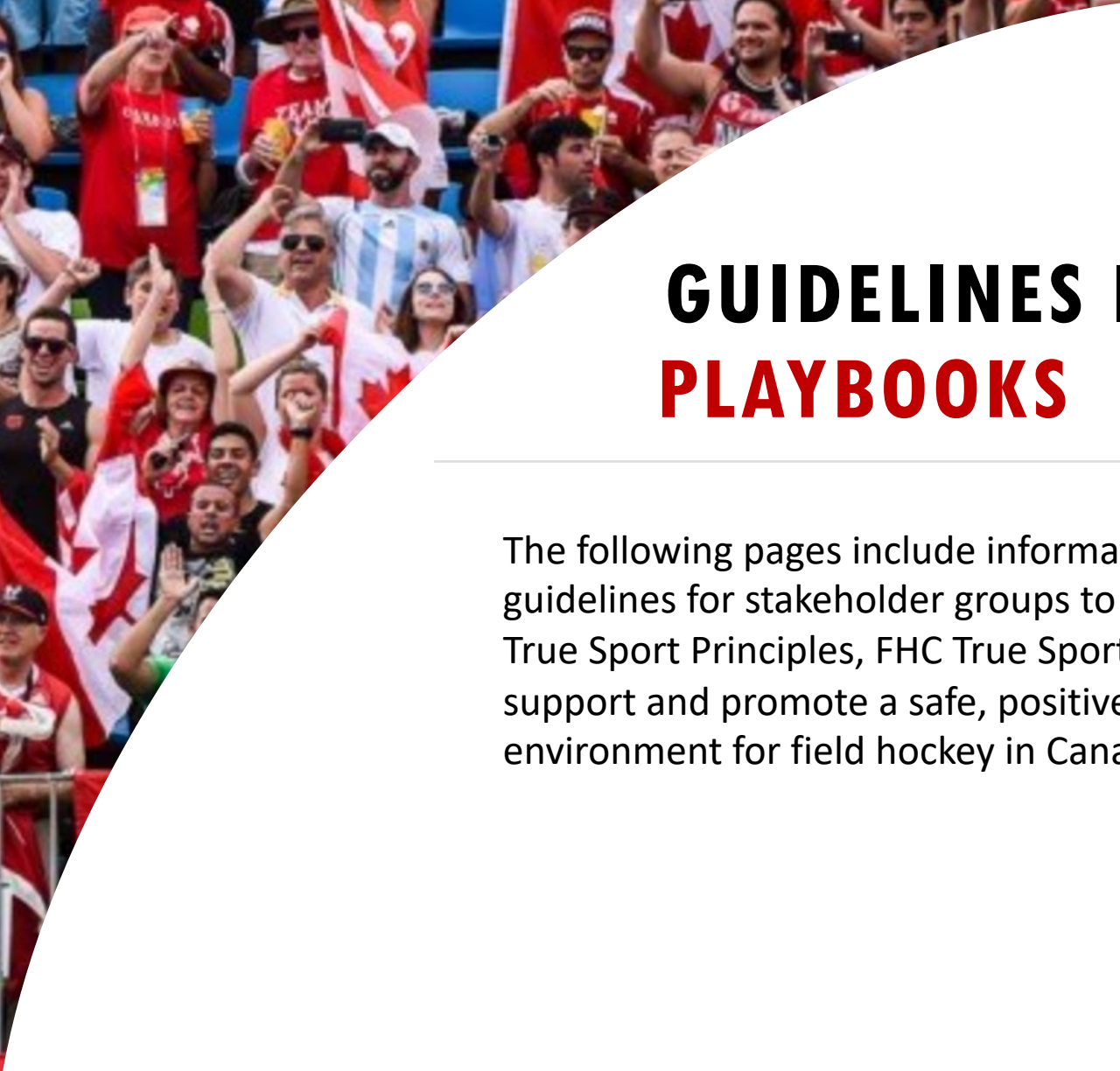




# GUIDELINES FOR ACTION PLAYBOOKS

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The following pages include information and guidelines for stakeholder groups to engage with the True Sport Principles, FHC True Sport Framework and support and promote a safe, positive sporting environment for field hockey in Canada.

- ☐ **LEADERSHIP**
- ☐ **PSO CLUB**
- ☐ **ATHLETES + TEAMS**
- ☐ **COACHES**
- ☐ **OFFICIALS**
- ☐ **EVENTS + FACILITIES**

# FHC LEADERSHIP + OFFICE – ACTIONS

The True Sport Principles are the expressed commitment by FIELD HOCKEY CANADA to ensure a safe, inclusive, welcoming and positive environment for athletes, supported by coaches, parents, officials and administrators. We believe that adhering to these field of play principles will encourage an optimal sport environment for all participants.

Field Hockey in Canada will benefit from aligning with other sport organizations who also believe in and are promoting these principles.

- Share portions of the True Sport Framework and framework concepts or initiatives each week during the Monday staff meetings.
- Recognize True Sport behaviours in office/on field/over media
- Celebrate members and partners that embody the True Sport Values and principles
- Develop a True Sport Award for National Championships: to be handed out along side the Tournament XI at the end of the event to the individual that demonstrated sportsmanship, leadership, and alignment with the True Sport Principles.  
<https://truesportpur.ca/true-sport-award>
- Incorporate the True Sport Principles and education into the “Ahead of The Game” Webinar Series and FHC Conference Materials.
- Incorporate True Sport Framework and principles actively in the interview processes for staff, coaches and board members.
- Add ‘activating True Sport’ as a core competency to be evaluated by staff: In what ways are you intentionally bringing True Sport to life in your department as a reflection of your commitment to walking the talk with respect to FHC’s culture and values.
- Develop a Webinar Education session for FHC Staff, PSO’s and Board Members to teach the True Sport Framework and share True Sport Initiatives
- Every time the name of a participant is mentioned in articles, media or announcements the communication should include reference to the participants club and PSO ie. Name (Club, Province).



# PSO + CLUB ORGANIZATIONS – ACTIONS

- Strive for balanced gender representation across staff, board and contract positions.
- Actively seek out a greater diversity of perspectives, knowledge, experience, skills and backgrounds thereby adding richness to discussions and increasing creativity and innovation in problem solving;
- Use the True Sport Principles, FHC True Sport Framework and actively provide programming that encourages the participation of girls and women in the sport. Generate a positive environment for the participation of women and girls.
- Provide gender-friendly programming and coaching, avoiding gender stereotypes and creating a positive and social atmosphere;
- Ensure your organization is sensitive to a wider range of potential participants, some of whom may have been excluded in the past.
- Consider the addition of inclusive / para and Special Olympic sport options.
- Consider the addition of Indigenous programming.
- Look for ways to retain athletes once they retire. Consider asking athletes questions related to the True Sport Principles during their exit interviews.
- Publicly commit to True Sport by adding your organization name and contact information at <https://truesportpur.ca/join>;
- Consider identifying your field of play and facilities as True Sport Facilities,
- Identify your True Sport Facilities with appropriate signage – available through the FHC True Sport Website: <https://fieldhockey.ca/safe-sport/true-sport/>
- Monitor and evaluate how well the True Sport Principles are being lived on the field of play through membership surveys and by engaging athletes, coaches and families.
- Actively share, promote and celebrate True Sport Framework principles and key focus areas by engaging with and sharing FHC media, resources and outreach within your club or organization.

# PSO + CLUB ORGANIZATIONS – ACTIONS

There are a variety of resources to support PSO and Club Organizations as they consider aligning their policy with FHC and incorporating True Sport guidance in development and implementation of programming including:

| POLICY AND ACTIVITIES                                                          | RESOURCE                                                                                                                                                                                      |
|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Screening Policy: Regarding background Criminal Record Checks for participants | Available on the FHC Website                                                                                                                                                                  |
| Coach Selection Policy                                                         | <a href="https://truesportpur.ca/sites/default/files/content/docs/pdf/coachselectionprocess0.pdf">https://truesportpur.ca/sites/default/files/content/docs/pdf/coachselectionprocess0.pdf</a> |
| Player selection Policy                                                        | <a href="https://truesportpur.ca/player-selection-process-team-sports">https://truesportpur.ca/player-selection-process-team-sports</a>                                                       |
| True Sport Agreement – for teams                                               | <a href="https://truesportpur.ca/true-sport-agreement">https://truesportpur.ca/true-sport-agreement</a>                                                                                       |
| Further Resources available on the FHC True Sport website                      | <a href="https://fieldhockey.ca/safe-sport/true-sport/">https://fieldhockey.ca/safe-sport/true-sport/</a>                                                                                     |

# TRUE SPORT LIVES HERE: ORGANIZATIONS

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# ATHLETES AND NATIONAL TEAMS— **ACTIONS**

There are a number of ways that Athletes and Teams can engage with True Sport and help to support and build a positive sport culture for field hockey in Canada.

- All Athletes over 16 should take the FHC Community Coach Training module and volunteer time in your clubs and communities teaching and mentoring young field hockey athletes as an introduction to our sport
- Senior Athletes should take Competition Development stream coach education, and work with your PSO's to support developmental and provincial athletes in training.
- Along with the True Sport Principle, Give Back. Athletes and Teams should participate in regular Volunteer hours within the FH community. This could include outreach/program support / coaching at camps, supporting event hosting, speaking to groups of young athletes or students and more.
- National Teams should consider having True Sport Athlete Ambassadors to lead True Sport initiatives and encourage cultural development around the True Sport Principles.
- Be aware of policy, resources and process around concussion and return to play guidelines.
- Be aware of policy, resources and process regarding Anti-Doping, and clean sport.
- Be aware of available resources with regard to health and wellness and seek support when needed.
- Work with Field Hockey Canada, your Provincial Organization and Club to inspire young athletes, model positive behaviours and support principles and initiatives included in the FHC True Sport Framework.

# TRUE SPORT LIVES HERE: **TEAMS**

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## JOIN

**Join** thousands of Canadians who are committed to good sport and get your team involved!



## FOLLOW

**Subscribe** to the True Sport mailing list and follow @TrueSportpur on Twitter and Facebook for inspiring stories, news and resources.



## PROMOTE

Talk about **True Sport** with your team and use **The Ride Home** to introduce True Sport to parents. **Promote what you do** through social media and on your website.



## ACTIVATE

Develop **True Sport Agreements** with athletes and parents.



## INSPIRE

Encourage parents to **model True Sport behaviour** for their child.



## HONOUR

Use the **True Sport Activity Calendar** to track and measure learning and development and keep it top of mind. Recognize athletes, parents and volunteers with a **True Sport Award**.



## DISPLAY

Profile **True Sport materials and signage** in your team locker room, practice areas and facility. **Add the True Sport logo** to your uniforms and gear.



## SHARE

Use the **#TrueSport-Moments** hashtag to share your team's **True Sport stories** on social media.



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# COACHES – ACTIONS

Coaches are the front line ambassadors of delivering field hockey experiences that align with FHC's organizational values of Integrity, Fun, Accountability, Teamwork, Respect and Transparency. It is only through dedicated coaches that we can continue to grow our game and develop our culture by living the True Sport Principles.

- **Coaches**– All coaches should consider declaring their commitment to True Sport  
<https://truesportpur.ca/member-types>
- Coaches can promote and share the ways they bring the True Sport Principles to life in their training environments.
- Coaches should be aware of gender equity on and off the field, and work to provide safe and welcoming environments.
- Coaches should seek out new and innovative approaches to coaching, training, performance management
- Coaches should be aware of recruitment and retention of all sport participants, make field hockey accessible to all communities and prioritize the enjoyment and satisfaction of players over winning.
- Review and educate yourselves on the [True Sport Player Selection Process](#) as well as the [True Sport Coach Selection Process](#) and adapt or customize for your needs.
- Coaches have a responsibility to become qualified and should actively pursue education, evaluation and mentorship opportunities.
- Coaches should become familiar with the Responsible Coaching Movement, Rule of Two and Safe Sport Processes.



# OFFICIALS – ACTIONS

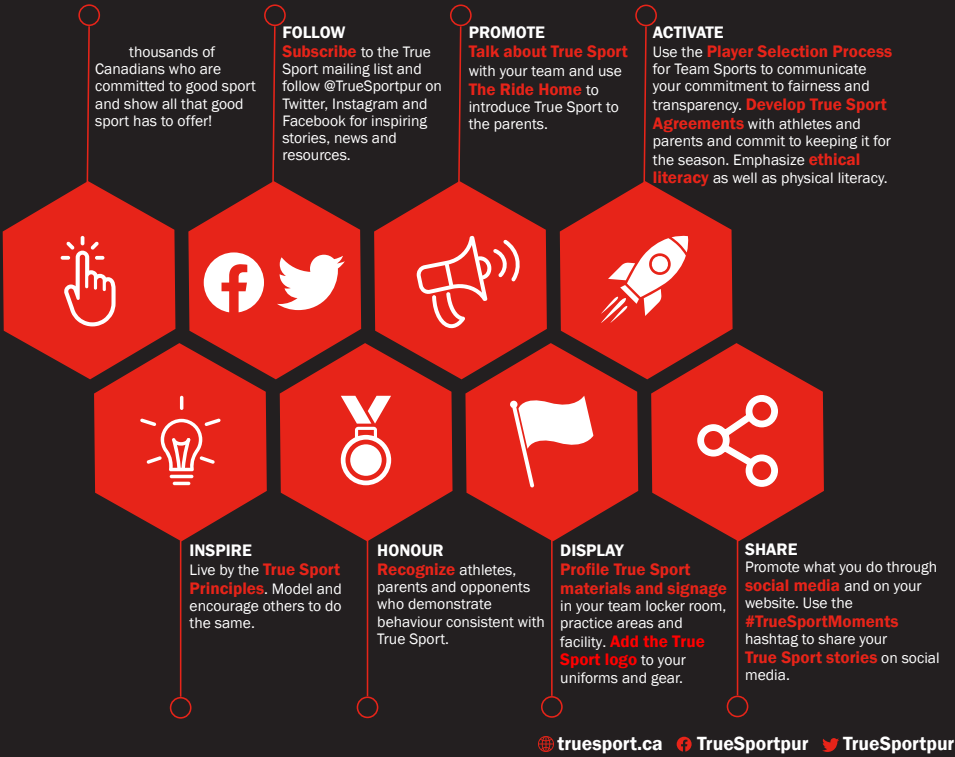
We recognize that without umpires, the game of field hockey cannot grow.

- **Officials**– All officials should consider declaring their commitment to True Sport <https://truesportpur.ca/member-types>
- Officials have a responsibility to help facilitate games that are safe for all participants.
- Officials should be aware of and promote the True Sport Principles, and the key items and pillars associated with the FHC True Sport Framework.
- Officials should be aware of recruitment and retention of new umpires and officials and make training and mentorship accessible to diverse and inclusive communities.
- Share and promote the True Sport No Ref No Game Campaign <https://truesportpur.ca/norefno game>



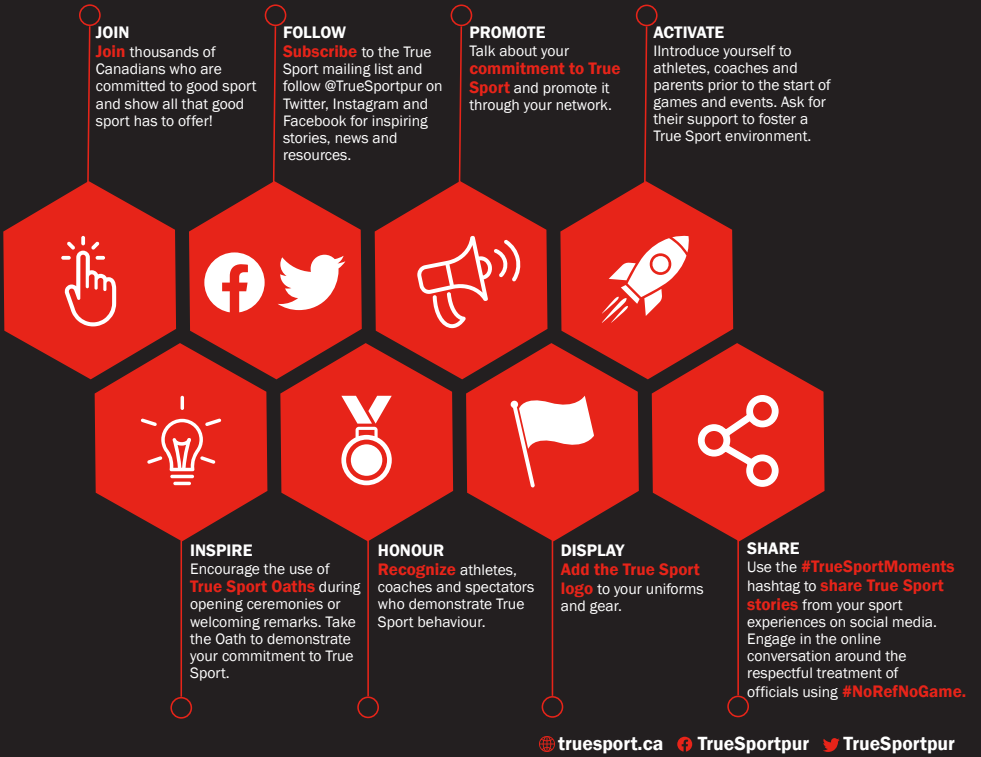
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# TRUE SPORT LIVES HERE: OFFICIALS

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# EVENTS + FACILITIES – ACTIONS

All facilities supporting field hockey programming, as well as hosted events, leagues and tournaments could be declared True Sport events. The following actions could be taken to use the True Sport Principles and FHC True Sport Framework key focus areas to promote the development of a positive sport culture

- **True Sport Facilities** – All FHC Partner clubs + Facilities should be registered with True Sport <https://truesportpur.ca/member-types>
- Facilities should have posted signage. True Sport + FHC Branded signage templates are available on the website <https://fieldhockey.ca/safe-sport/true-sport/>
- Display with the True Sport Principles and FHC Commitments in event programs.
- Consider displaying the True Sport logos during major events on the field of play/uniforms/banners as a reminder of the environment you are intentionally creating.  
<https://truesportpur.ca/field-play> or <https://truesportpur.ca/examples-equipment-and-uniforms>
- Consider using True Sport oaths in the opening ceremonies
- Consider Nomination of a [True Sport athlete](#) from each contingent. (National Championships and/or other tournament events)
- Develop a True Sport Award for events which could be handed out along side the Tournament XI at the end of the event to the individual that demonstrated sportsmanship, leadership, and alignment with true sport principles.  
<https://truesportpur.ca/true-sport-award>

## TRUE SPORT LIVES HERE: **EVENTS**

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### JOIN

**Join** thousands of Canadians who are committed to good sport and ensure your event exemplifies all that good sport has to offer!

### FOLLOW

**Subscribe** to the True Sport mailing list and follow @TrueSportpur on Twitter and Facebook for inspiring stories, news and resources.

### PROMOTE

Talk about and **promote** your commitment to True Sport through your communication channels.

### ACTIVATE

Host an outreach booth to increase awareness to your commitment to **True Sport** and provide an opportunity for stakeholders to understand what that means.



### INSPIRE

Use the **True Sport Oaths** as part of your opening ceremonies or welcoming remarks to allow athletes, coaches and officials to publicly pledge their commitment to True Sport.

### HONOUR

Create a **True Sport Award** to recognize teams, athletes, coaches, parents, officials and volunteers who embody the True Sport Principles.

### DISPLAY

Profile **True Sport materials and signage** throughout your event facilities. Consider **co-branding promotional items** for giveaways.

### SHARE

Use the **#TrueSport-Moments** hashtag to share your event's **True Sport stories** on social media.

[truesport.ca](https://truesport.ca) [TrueSportpur](#) [TrueSportpur](#)

## TRUE SPORT LIVES HERE: **FACILITIES**

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### JOIN

**Join** thousands of Canadians who are committed to good sport and showcase that your facility is a True Sport space!

### FOLLOW

**Subscribe** to the True Sport mailing list and follow @TrueSportpur on Twitter and Facebook for inspiring stories, news and resources.

### PROMOTE

Talk about and **promote** your commitment to True Sport through your communication channels.

### ACTIVATE

**Integrate True Sport** into infrastructure, program planning and stakeholder engagements.



### TRAIN

Develop **True Sport knowledge** among staff and encourage their commitment to the True Sport Principles.

### INSPIRE

**Include a commitment to True Sport** as a component of your user agreements to establish expectations within your facility.

### HONOUR

Celebrate staff members and user groups whose actions embody True Sport. Profile them using a **True Sport Award**, recognition board, display case, your website and on social media!

### DISPLAY

Profile **True Sport materials and signage** in your facility. **Add the True Sport logo** to the fields of play.

### SHARE

Use the **#TrueSport-Moments** hashtag to share your organization's **True Sport stories** on social media.

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