

Quality Sport Checklist

Based on Long-Term Athlete Development

At its essence, quality sport and physical activity is achieved when the right people do the right thing at the right times. Quality sport and physical activity is developmentally appropriate, well run, safe and inclusive. These components each comprise a number of elements that lead to a quality experience in any sport program. The following checklist has key points that are useful when planning programs in your community.

Quality Sport Checklist - Goal: Create a Positive and Supportive Environment	
Good Programs are:	
Developmentally Appropriate	
<input type="checkbox"/>	The program is a national sport organization quality sport program. (sportforlife.ca/resources/quality-sport-programs)
<input type="checkbox"/>	The program is based on Long-Term Athlete Development factors and principles.
Participant Centered	
<input type="checkbox"/>	Ability, age, size, and maturity are all considered when grouping participants.
<input type="checkbox"/>	The equipment and rules are modified for the ability and stage of the participants.
<input type="checkbox"/>	The participants are smiling and engaged in the games or activity (are not bored).
<input type="checkbox"/>	The program is consistent and sustainable (e.g. runs on a regular basis, has good attendance).
Progressive and Challenging	
<input type="checkbox"/>	Participants are learning new things and building upon their existing skills.
<input type="checkbox"/>	The program has options to make an activity more or less challenging based on participant's skills and capabilities.
<input type="checkbox"/>	Participants get to play different positions and/or try different events and sports.
<input type="checkbox"/>	Leaders emphasize skill development over winning in the early stages.
Planned and Competition is Meaningful	
<input type="checkbox"/>	Programs and practices are well-prepared, considering seasonal and annual plans.
<input type="checkbox"/>	Based on Long-Term Athlete Development stage, the participants are playing small-sided games—with less players—on smaller playing areas.
<input type="checkbox"/>	What is scored is modified based on the ability and stage of the participants.
<input type="checkbox"/>	Teams and lines are balanced so that participants of similar ability compete against each other, giving everyone a chance to succeed.
<input type="checkbox"/>	All participants get to play and practice equally.

Good People, leading well-run programs, include:

Coaches, Officials, Instructors, and Teachers	
<input type="checkbox"/>	Are trained and/or certified (e.g. National Coaching Certification Program (coach.ca), Aboriginal Coaching Modules (aboriginalsportcircle.ca), Physical Literacy Instructor course (physicalliteracy.ca), HIGH FIVE®). (highfive.org)
<input type="checkbox"/>	Are provided with ongoing learning opportunities.
<input type="checkbox"/>	Mentor and build capacity for future coaches, officials, instructors, and teachers.
<input type="checkbox"/>	Are following policies and procedures on child protection, concussion, and inclusion. (parachutecanada.org)
<input type="checkbox"/>	Are following the organization's stated values.
Parents	
<input type="checkbox"/>	Are knowledgeable about quality sport. (activeforlife.com)
<input type="checkbox"/>	Are respectful. (respectinsport.com/parent-program)
Partners	
<input type="checkbox"/>	Programs and organizations are partnering with others in the community.
<input type="checkbox"/>	Sport is used for social and community development, in addition to athlete development.
Leaders	
<input type="checkbox"/>	The organization has clear lines of responsibility and authority. (sirc.ca)
<input type="checkbox"/>	Directors are accountable for decisions, policies, and practices.
<input type="checkbox"/>	Members, directors, and funders regularly assess and modernize governance.

Good Places, creating good feelings, are:

Inclusive and Welcoming	
<input type="checkbox"/>	Appreciates diversity to ensure everyone feels safe and that they belong regardless of ability and background.
<input type="checkbox"/>	Promotional materials and program images includes pictures of the people you want to attend.
<input type="checkbox"/>	The facility is accessible to participants of all abilities.
<input type="checkbox"/>	Affordable and barrier-free access and navigation—both by staff and signage.
Fun and Fair	
<input type="checkbox"/>	The program follows True Sport principles. (truesportpur.ca/true-sport-principles)
<input type="checkbox"/>	Leaders make learning the sport FUN. #FunMaps
Holistic	
<input type="checkbox"/>	Considers mental (intellectual and emotional), physical, cultural, and spiritual aspects of the participants.
<input type="checkbox"/>	Develops social, communication, and leadership skills.
Safe	
<input type="checkbox"/>	The equipment is of suitable size and in good condition.
<input type="checkbox"/>	The facilities are safe, the space is suitable, clean, and well-maintained.

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