

STAGE 7:

Active for Life

Fit for Life/Competitive for Life

At any stage after learning the basics of a sport, regardless of age or level of ability. Participants may engage purely recreationally (Fit for Life) or competitively (Competitive for Life).



GO FOR IT

Rise to the challenge—always strive for excellence. Be persistent and discover how good you can be.

- › Help participants develop a solid foundation upon which to build their lifelong engagement in sport.
- › Encourage participants to stay active by trying new sports.
- › Offer friendly competitions and age-appropriate events for participants who are interested.
- › Ensure that all participants have access to appropriate skill development opportunities.
- › Use [True Sport Awards](#) to recognize effort and perseverance.
- › Encourage your sport organization to align its decision-making with organizational values and the True Sport Principles by implementing a [True Sport Policy](#).
- › Complete the [NCCP Fundamental Movement Skills](#) workshop.

PLAY FAIR

Understand, respect, and follow the rules. Play with integrity—competition is only meaningful when it is fair.

- › Promote playing by the rules by teaching and living them consistently as a group, regardless of your role.
- › Show compassion when beginners are learning the rules. Give them time to learn and adjust (e.g., in hockey, officials can call out “offside” and give players a chance to correct instead of immediately stopping play).
- › Be honest and model integrity. Hold yourself accountable and expect others to do the same.

RESPECT OTHERS

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

- › Insist on respect for everyone at all times.
- › Reinforce positive behaviours that help build character and set standards.
- › Encourage participants, spectators, and coaches to respect and thank officials.
- › Promote engagement in the [No Ref No Game](#) resource to promote respect for officials.

KEEP IT FUN

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

- › Encourage participants to try new sports and activities.
- › Encourage transitions from one sport to another as participants age and/or their interests change.
- › Provide opportunities for social connection with everyone on the team.
- › Emphasize and help others recognize the [benefits](#) that come with an active lifestyle.
- › Offer times for all levels of ability to participate in a shared space where experienced participants can encourage and inspire beginners.

STAY HEALTHY

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

- › Pursue a positive work-life-play balance and encourage participants to do the same.
- › Research and discuss the many [health benefits of an active lifestyle](#).
- › Promote sport and physical activity as a way for people to reduce stress and improve their mental health.
- › Recognize that the transition from one sport to another is possible and always requires an adjustment period.
- › Encourage participants to participate in physical activity outdoors and to access active transportation wherever possible.
- › Encourage unorganized family or household play and activities.
- › Ask questions and encourage dialogue so participants feel empowered to speak up when something doesn’t feel safe.
- › Complete [Safe Sport Training](#).
- › Complete the [NCCP Sport Nutrition](#) module.
- › Complete the [NCCP Making Headway](#) module.

INCLUDE EVERYONE

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

- › Be accepting of varying levels of ability. Structure activities to accommodate them.
- › Create a sliding scale of registration fees to remove cost as a barrier to participate in sport.
- › Ensure fair access for all participants, based on their needs.
- › Encourage sport organizations to make programs more accessible (e.g., provide equipment, waive fees).
- › Proactively share your pronouns to normalize the behavior of not making assumptions about gender identity.
- › Learn about [Coaching Masters Athletes](#).

GIVE BACK

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

- › Encourage participants to seek out and complete training for the roles in which they wish to serve (e.g., coach, official, board member, administrator).
- › Rally your community to become a True Sport Community, then apply the [True Sport Guidelines for Communities](#).
- › Encourage participants to consider sport-related careers such as coaching, officiating, sport administration, small business enterprises, or media.
- › Partner with community-based organizations to support sport programs that recruit newcomers to Canada, people with a disability, as well as BIPOC and LGBTQI2S+ participants.
- › Encourage your community to engage in constructive public debate about important sport-related issues.