

# THE TRUE SPORT PRINCIPLES IN ACTION



## GO FOR IT

...having a growth mindset, demonstrating perseverance when faced with challenges, and having a willingness to experiment with creative solutions or approaches.



## PLAY FAIR

...understanding and respecting the rules of the game, contributing to an equitable environment, and having a willingness to hold themselves and others accountable.

## RESPECT OTHERS

...using polite and respectful language and actions and being welcoming and inclusive towards all.



What does True Sport in action look like?  
**Behavioural indicators** of someone who  
lives True Sport include...



## KEEP IT FUN

...expressing enjoyment through laughter, smiling, and creativity, and demonstrating hustle through effort and eagerness.



## STAY HEALTHY

...focusing on physical, psychological, and social well-being.



## INCLUDE EVERYONE

...inviting, welcoming and sharing sport with all people, particularly those from equity-deserving groups.

## GIVE BACK

...initiating and supporting positive community contributions.



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