

The Respectful Athlete

Course Overview:

The respectful athlete treats other players, coaches, referees and spectators with courtesy and behaves appropriately at all times. This online course is designed to help young athletes recognize the importance of respect in sport, identify acceptable and unacceptable behaviours, and understand how to respond in situations involving inappropriate behaviours.

Course Objectives:

Upon completion of the course, participants will be able to:

- ✓ Recognize the characteristics of a respectful athlete and how these characteristics benefit the team and the sport organization
- ✓ Identify acceptable and unacceptable attitudes and behaviours
- ✓ Define *discrimination, harassment,* and *bullying*
- ✓ Know how to respond appropriately in situations involving inappropriate behaviours, whether as the victim, the accused, or as a by-stander/witness
- ✓ Understand that sport teams, leagues and associations have rules and regulations guiding behaviour and that there are prescribed consequences for breaking those rules and regulations

Content Presentation and Evaluation:

The Respectful Athlete is written in clear, simple language with full-colour illustrations and easily followed navigational tools. Participants can choose to enhance the learning experience by using audio or can turn off this feature. The course includes interactive elements to engage individual learners, reinforce key concepts, and provide opportunities for personal reflection.

To pass the course, participants must obtain 100% on a multiple-choice test. Those who do not achieve 100% can review course content and re-test as many times as necessary to complete the course. Test questions are randomly selected from a test bank, making each testing experience unique.
Successful participants can immediately download/print a Certificate of Completion which includes their name and the date of training.

Course Duration:

This online course is self-paced. Participants may leave the course at anytime and can resume where they left off. The duration will depend on the individual participant and their prior knowledge of the subject matter. The average completion time is 30 minutes.

- ✓ Organizations may choose to add policy documents to the training. Following successful completion of testing, participants would read the applicable policy and answer test questions related to the document in order to confirm knowledge transfer.