



# Foster Healthy Relationships in Sport Environments

Sport participants are going to be learning (consciously, or not) from your behaviour. How you interact with others within the sport environment represents opportunities for healthy relationships to be modelled and practiced.

Coach-to-Participant Relationship	Coach-to-Coach Relationship
<ul style="list-style-type: none"><li>▪ Provide praise and positive reinforcement</li><li>▪ Set reasonable goals</li><li>▪ Ask for participants input and feedback</li><li>▪ Provide choices and allow for decision making</li><li>▪ Provide opportunities for participants to interact</li></ul>	<ul style="list-style-type: none"><li>▪ Seek opportunities to develop and strengthen relationships with peer coaches</li><li>▪ Demonstrate positive interactions with other coaches</li><li>▪ Encourage diversity in coaching styles</li><li>▪ Seek out other coach expertise</li><li>▪ Support coaches who want to build their network</li></ul>
Coach-to-Parent/Guardian Relationship	Coach-to-Official Relationship
<ul style="list-style-type: none"><li>▪ Identify and communicate clear values</li><li>▪ Demonstrate clear and open communication in interactions</li><li>▪ Refer to parents and guardians using positive language</li><li>▪ Identify clear roles and responsibilities</li><li>▪ Identify appropriate channels for conflict management</li></ul>	<ul style="list-style-type: none"><li>▪ Control your emotions</li><li>▪ Be empathetic</li><li>▪ Use positive verbal and non-verbal language</li><li>▪ Seek to clarify and understand a call first before challenging that call</li><li>▪ Model acceptance that some bad calls happen in sport</li><li>▪ Respect boundaries when questioning a call</li></ul>

**The Support through Sport eLearning series and resources educate coaches on how to model healthy relationships.**

**Learn more at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport).**

*Financial contribution from*



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