

"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

By Rosalynn Carter

Welcome to our latest newsletter!

In this edition, you'll find updates on Future of Sport in Canada Commission, upcoming exclusive webinars for Professional Coaches, Professional Coaching services, Legal corner, Quality Coaching Toolkit, and Sport Safety resources.

Stay tuned for all this and more!

Share your experience in and with sport — Future of Sport in Canada Commission

Current status: Open

The Future of Sport in Canada Commission would like to learn from victims and survivors of maltreatment in sport, as well as subject-matter experts, academics, advocates, stakeholders, sport participants (including athletes, parents, coaches, administrators and other support personnel) and the Canadian public about their experience in and with sport.

In particular, over the coming months, the Commission is seeking input to:

- bring to light the experiences, causes, and impacts of inappropriate behaviour and maltreatment
- determine how to improve the sport system in Canada including but not limited to issues related to policy, funding structures, governance, reporting, accountability, systems alignment, conflicts of interest, culture, and legal considerations.

How to participate

There are several ways to take part in the Commission's work:

- [Take the survey](#)
- [Write to the Commission](#)
- [Speak with the Commission](#)

Please see the following link for more information: <https://www.canada.ca/en/canadian-heritage/campaigns/future-sport/participate.html>

Upcoming Webinars

Exclusive 3-part Professional Coaching Webinar Series

Join us for an exciting three-part webinar series, exclusive to Professional Coaches, hosted by Dr. Erin Willson, a former Artistic Swimming Olympian, and the President of AthletesCAN. Joining her are a lineup of distinguished guest coaches and athletes. Earn 1 professional development point for each session. The series will touch on positive coaching environments in the high-performance context.

Webinar 2: What a positive sport experience looks like

December 3, 2024 3:00-4:30PM EST

This session is for coaches and sport administrators to explore four elements of a positive sport experience including (i) the attributes of the sport environment (safe, welcoming, sport- life balance); (ii) the attributes of the coach-athlete relationship (respect, trust, established boundaries); (iii) attributes of the coach, including common characteristics, coaching philosophies, and coaching techniques (e.g., athlete-centred, autonomy-supportive); and (iv) common attributes of a high-performance athlete (hard-working, goal-oriented, internally motivated). This session intends to engage participants to critically think about their sport practices and provide suggestions on implementing this in their day-to-day experience.

[Register Now](#)

Webinar 3: Challenging definitions of success in sport

January 28, 2025 3:00-4:30PM EST

The focus of this session will be to challenge the notion of how success is currently defined in Canadian sport, specifically the focus on medal attainment and results. Suggestions to expand the definition of success to include (i) personal performance attainment; (ii) building better humans; (iii) prioritizing health & well-being; (iv) emphasizing the joy in sport; and (v) fostering a desire to stay engaged in sport.

[Register Now](#)

If you missed Part 1 of our 3-part series, you can view past webinars by clicking [here](#).

Webinar 1: Positive coaching in High-Performance Sport: Can you do both?

This session provides coaches, athletes, and sport administrators with an overview of evidence that suggests you can have a positive, safe, and healthy sport environment while achieving medals at the international level.

Webinar: Liability Insurance for Professional Coaches (CIBI)

February 5, 2025 3:00-4:30PM EST



This webinar will provide an overview of the Coach Insurance Program developed for Professional Coaches (Registered and ChPC), in conjunction with Canadian Insurance Brokers Inc (CIBI). We will review the primary cover lines provided, along with other optional coverage recommended and available to add on to your policy. While it is paramount you carry best of class coverage in the event of a claim against you, we will address risk management strategies which is vital to develop preventative measures for avoiding any claims. Topics to be discussed include duty of care, the use of liability waivers and the various types of waivers to use. We will discuss relevant claims and legal scenarios, along with the enforcement of waivers.

[Register Now](#)

If you missed any of the exclusive webinars available to all Professional Coaches please click [HERE](#).

[Professional Coaching Services](#)

Here are some Professional Coaching services you won't want to miss:

Rosetta Stone



Get one of 10 annual licenses to learn French or English, available on a first-come, first-served basis. These licenses are rotated among interested coaches. If interested, please email procoach@coach.ca.

Health and Dental Benefits



ChPCs and Registered Coaches have access to an easy-to-use, affordable, and competitive health and dental benefits program. Depending on your coverage needs, you may opt into one of 2 plans:

- [OPTION 1](#)
- [OPTION 2](#)

The benefits of joining include:

- Added financial security for you and your family
- No medical forms to be completed with participating providers. Simply fill out your enrolment form and a Green Shield pay-direct card will be sent to you
- Insurance is less expensive to obtain through a group plan than in the individual insurance market.

For more information on how you can join the health and dental benefits program, contact Benefits by Design (BBD).

- English Inquiries: 1-888-272-0413, ext. 125

To explore all available services, simply click [HERE](#)

Legal Corner

LEGAL CORNER

If you need legal advice pertaining to your coaching activities, including contract review or other disputes, the CAC will connect you with a lawyer and pay for your initial 1-hour consultation. Email procoach@coach.ca.

True Law
Legal Services

Written by Mike King, Partner at Acera Insurance www.acera.ca

The work of a coach is never easy. Keeping current with the sport at various levels of competition, applying the ever-changing science of athlete development, understanding and implementing Safe Sport protocols all mean that the professional coach is always under pressure.

With all that going on, it may be easy to forget that taking on the responsibility of working with athletes in any sport brings risk. Coaches can and have been held legally responsible for bodily injury claims suffered by athletes in their charge. Abuse allegations brought by athletes are increasing every year around the globe and no one is immune.

As the public continues to raise their expectations for success in sport, coaches are increasingly exposed and need to take care of themselves.

A good first step is education. Take courses, read, and speak with other coaches and your coaching association about best practices for dealings with athletes, parents, colleagues, and other representatives of your sport. Know your sport's policies, guidelines, and procedures related to coaching responsibilities and those of other participants in the sport. In this way, you may avoid situations that can lead to a potential claim against you. If a claim is made against you, having read the policies and guidelines, you will know what to expect and next steps and this will reduce some of the anxiety.

Professional / accredited coaches can purchase Commercial General Liability insurance that specifically covers bodily injury and property damage claims that can be brought against them in their work. There are affordable programs in the market that are tailored for coaches and some will cover the unique attributes of Abuse allegations. Considering the alternative of no insurance and paying legal bills out of pocket when something goes wrong, insurance is a smart risk management tool.

You have worked very hard to get where you are in your sporting field and as a coach, your priorities are your athletes. A claim against you can result in suspension or worse, a ban. Make sure you spend some time protecting yourself.

This article contains general information only, based on the laws of Ontario and is not intended to provide a legal opinion or advice. Readers should consult a lawyer with respect to the application of the information contained above to their particular circumstances. Readers may also contact True Law at info@truelaw.legal with any questions.

Congratulations to the newest ChPCs™

The CAC would like to congratulate the following coaches for recently attaining their ChPC designation!

Leslie Firstbrook – British Columbia (Alpine Ski)
Rachel Andres – Alberta (Athletics)
Chad Palmer – Saskatchewan (Football)
Fabio D Marcucci – Alberta (Basketball)

Quality Coaching Toolkit

Introducing the Quality Coaching Toolkit

We are excited to unveil the [Quality Coaching Toolkit](#), a comprehensive resource designed to enhance coaching practices and foster positive sport environments. This toolkit provides evidence-based strategies to promote safe, inclusive, and supportive coaching, ensuring athletes' holistic development and well-being. Dive into practical tips, reflection activities, and innovative methods to elevate your coaching and create a positive thriving sport experience for all participants.



Sport Safety Resources

Support Services

Here are the support services available to you

Abuse-Free Sport Helpline

1-888-837-7678

abuse-free-sport.ca/helpline



The Abuse-Free Sport Helpline is available to ALL Canadians with questions or concerns about safe sport. Individuals do not need to be a participant under Signatory organizations in order to access the Helpline and its services.



CANADIAN CENTRE for CHILD PROTECTION[®]
Helping families. Protecting children.

Canadian Centre for Child Protection

1-800-532-9135 · protectchildren.ca

If you have concerns about a child, or if you are a victim (survivor) or a family member of a victim, you may contact the Canadian Centre for Child Protection for information or support.

Kids Help Phone

1-800-688-6868

kidshelpphone.ca



Kids Help Phone is Canada's only 24/7 national service offering professional counselling, information, referrals and volunteer-led text-based support for young people. Kids Help Phone's free, anonymous services are available in both English and French.

First Nations and Inuit Hope for Wellness

1-855-242-3310

hopeforwellness.ca



A helpline dedicated to supporting First Nations and Inuit Peoples. Service is available in Cree, Ojibway, Inuktitut, English and French.

Trans Lifeline

1-877-330-6366

translife.org



Canadian Centre on Substance Use and Addiction



If you have any questions, please contact us at procoach@coach.ca