

Stamping out sport rage: tips for parents

We all know that sport is a fantastic way for children to learn important lessons about teamwork, rules, winning, losing and much more. It also keeps them fit, healthy and provides great friendships.

So it's a real shame that sport for young people can be ruined by sport rage.

Sport rage is violence, bad language, abuse and general bad behaviour by players, coaches, officials or spectators.

At its worst, sport rage reduces a child's enjoyment of sport, undermines all the terrific benefits and can lead to drop out.

Many people have a role to play in stamping out sport rage. This includes our club committee, coaches, officials, players, spectators and parents.

As a parent, you can help reduce sport rage by being a good role model and creating a positive sporting environment. Here are some simple tips:

Encourage fair play

- ✓ Cheer and acknowledge good plays by both teams
- ✓ Thank the officials, coach and other team after the game
- ✓ Respect officials, coaches and opponents

Keep your emotions in check

- ✓ Be enthusiastic, but don't scream instructions from the sideline
- ✓ Don't get into shouting matches with anyone
- ✓ Never use bad language or harass others

Help kids enjoy sport

- ✓ Emphasise trying hard and having fun, not just winning
- ✓ Talk about the game, not the result.

It's also important to understand, uphold and support our club's code of conduct for parents.