

# Fair Play...

## Why is it Important?



### What is Ethics?

Ethics are moral principles that govern a person's behaviour or the conducting of an activity.

Every athlete has to make choices which will affect their lives or the lives of others. When faced with tough decisions, remember the spirit of sport values and strive to make choices that will support them.

### Decision-Making Tips

- Seek out reliable information
- Ask questions
- Be courageous
- Do what you know is right
- Learn from your mistakes

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Excelling at their sport of choice is a goal of all athletes. However, when sport becomes solely about winning at all costs, it becomes negative. Every athlete deserves the opportunity to participate in clean sport. Winning is important, but it is more important to have fun, be respectful and play fair.

One of the primary reasons doping is prohibited in sport, is to protect the values that are associated with the spirit of sport.

## The Spirit of Sport Values

1. Health
2. Ethics, fair play and honesty
3. Athletes' rights as set forth in the Code
4. Excellence in performance
5. Character and education
6. Fun and joy
7. Teamwork
8. Dedication and commitment
9. Respect for rules and laws
10. Respect for self and other participants
11. Courage
12. Community and solidarity



The aim of the Spirit of Sport Values is to create an environment where persons understand that it is not just about winning at all costs.

Athletes are encouraged to play their part in helping to keep sport clean by:

- Competing honourably
- Playing fair
- Practising sportsmanship
- Respecting teammates, opponents, rules, officials and self
- Having compassion for competitors



## Why is Doping Prohibited in Sport?

- The fundamental reason for prohibiting doping in sport is to preserve the spirit of sport.
- Not only is doping dangerous to the health of an athlete, it is also cheating.
- The anti-doping movement is concerned with the health of athletes and with maintaining the ethics of sport.