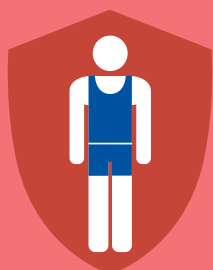




**Fit 4 Health** is a project funded by the EU Commission in the framework of the Preparatory Actions - European Partnerships on Sport EAC/S03/2013 - agreement nr. EAC-2013-0476. The sub-title of the project is: "Maintaining the health of young athletes as the main goal of sports training and competitions". The project's primary aim is to contribute to the concept of health promoting sports training for young athletes, focusing on injury prevention and development of a healthy and protective training environment.

One of the key outputs of the project is the development of **Golden Rules**, with the objective of improving health and wellbeing among young athletes in all sports disciplines

## 7 golden rules



It is the responsibility of organisations and individuals **to ensure adequate care of young athletes** in sport activities

The first golden rule responds to the question: "Who takes care of you in your sporting activities?" This is an important issue for all young athletes, and all of the stakeholders detailed below have their own role and responsibility:

- Public and sports governing bodies (e.g. Federations/Associations/Municipalities)
- Clubs
- Coaches
- Parents
- Team members

**Every player looks up to his/her coach!**

GOLDEN  
RULE **1**



For all training and competitive situations involving young athletes, there should be **a designated responsible person, a tailored procedure to respond to injuries and an adequate first aid kit**

The second golden rule responds to the question: "What are the arrangements in place for first aid, injury and ill/health?" This is a serious consideration for every sport and sports venue, including organization of competitions, training and travel, with many considerations attached to each of these issues. Suggestions for this rule are:

- Checks on suitability and safety of equipment
- Designated first aider
- Awareness of mental health issues
- Monitoring and review of procedures and awareness of preventive measures

**Good attitude + competitive character + healthy environment  
= Better athletes**

GOLDEN  
RULE **2**



### **A written risk assessment for training and competition venues should be updated every year**

The third golden rule responds to the question: “What measures can be put in place concerning risk assessment, monitoring and management during sport activities?” There are many problems regarding this issue as risk planning can only be effective if all people follow it.

Structured solutions include:

- Organizational responsibility among stakeholders
- Individual responsibility
- Continuous monitoring review and effective communication within the sports society

**Develop a written risk assessment and adhere to its protocol  
= Quality in sport**

**GOLDEN  
RULE 3**



### **Coaches working with young athletes improve their competencies following structured training initiatives to promote healthy sports**

The fourth golden rule responds to the question: “How do coaches acquire specific competencies concerning healthy sport including healthy lifestyles and mental wellbeing?” It is very important for coaches to provide young athletes with training plans suited to their ability, age and gender in order to maintain the progression of athletes and to prevent unnecessary injuries. Coaches should:

- Understand the level of other competitors
- Stimulate a health promoting sports culture as well competing as training culture
- Undertake training in positive coaching practices and mental health awareness

**Better coaches for young athletes = Better athletes for tomorrow**

**GOLDEN  
RULE 4**



### **A poster is available in each venue with key safety information related to evacuation, first aid, emergency service call numbers in addition to key messages for a healthy sports environment**

The fifth golden rule responds to the question: “How to inform all users of sports venues about procedures and tools for a safe environment?” A simple, accurate and well positioned safety poster is mandatory for all sport venues, including:

- Evacuation and first aid procedures
- Placement of defibrillator equipment and first aid kit
- Phone numbers for emergency services, and the venue’s utility providers (e.g. water)
- Key messages on health promoting sports (lifestyle, behaviours, etc.)

**All who interact with the poster = Have a responsibility for healthy sport**

**GOLDEN  
RULE 5**



An annual ‘**Safety day**’ should be organised involving coaches, athletes and parents concerning training activities and information about health promoting sport

The sixth golden rule responds to the question: “How to update the health and safety systems for a sports organisation?” In a process of continuous improvement of quality, and with the aim of involving all stakeholders in the sports organisation, a key activity should be to dedicate time on:

- Thinking about new strategies and methods to promote healthier sports
- Learn about innovation in health promoting sports
- Share safety and risk assessment information with all stakeholders
- Organise policies to maintain an up-to-date risk assessment plan

**ABC for healthy sport = Always Be Careful during training and competition**

GOLDEN  
RULE **6**



The main components to produce better athletes are **suitable physical preparation, positive coaching and healthy lifestyles mixed with fun** during training and competitions

The seventh golden rule responds to the question: “What are the specific components needed for being a good athlete?” Independent of the amount of sports training and competition, the dropping out of sport by young people has a great impact on both society and its economy. Sports organisations should be aware that:

- Coaches play a huge responsibility in athlete’s lives
- Parents ambitions and expectations can play both positive and negative role
- Personal lifestyle has great impact on sport performances
- Relationships with other players are crucial in developing mental resilience
- Tailored physical preparation should be offered through competent trainers

**All of the above is important for successful athletes, but... coaching is better than training!**

GOLDEN  
RULE **7**

### Fit 4 Health actors

#### Project coordinator

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