



HOW THE POST-GAME RIDE HOME CAN KILL YOUR KIDS' LOVE OF SPORT

- ▶ **TAKING THE PLUNGE - LIFE AFTER SPORT**
- ▶ **SUPPLEMENTS - KNOW WHAT YOU ARE DOING**

PLUS: ANZSLA LOOKS AT THE MODERN DAY VOLUNTEER | CONCUSSION IN SPORT | JOIN THE MOVEMENT - WOMEN AND GIRLS PARTICIPATION | I LOVE WATCHING YOU PLAY ...AND MORE

Did you miss the recent Play by the Rules webinar, Supplements - Know what you are doing? If so, fear not, you can catch the replay here:

<http://www.playbytherules.net.au/news-centre/projects-sport-integrity/1446-safeguarding-integrity>

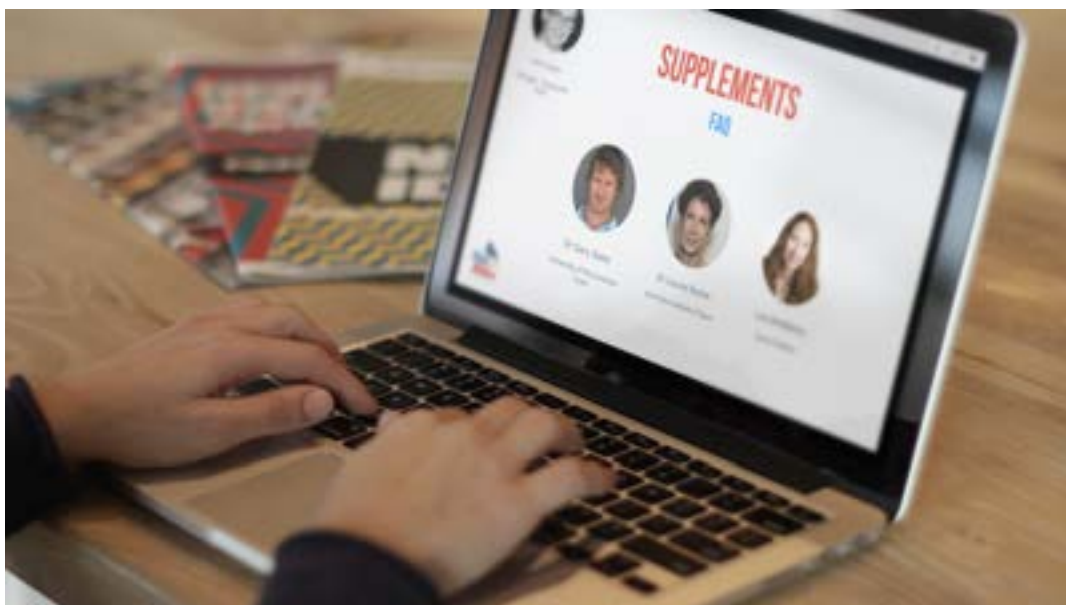


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THE EDITOR

It's a bumper issue of the Play by the Rules magazine this month. As we get into winter there certainly seems to be a lot going on in the world of safe, fair and inclusive sport!

One of the feature articles this month looks at 'the ride home' – the all important part of the day when parents impart their sporting wisdom to their children! Clyde Rathbone considers life after sport and we link to the latest Play by the Rules campaign, 'Supplements – know what you are doing'. There is also news on a new campaign to encourage women and girls' participation and a great new resource to help deal with concussion issues.

You can spread the message of safe, fair and inclusive sport by sharing this magazine with your friends and colleagues in sport and encouraging them to subscribe to Play by the Rules, joining our 21,000+ subscribers.

Thanks for your support.



Peter Downs
Manager - Play by the Rules

Please 'Like', 'Follow' and 'Subscribe' - a great way to support safe, fair and inclusive sport



'I LOVE WATCHING YOU PLAY' - CHANGING THE GAME

Have you heard of the Changing the Game Project? It was founded by John O'Sullivan from the United States in 2012. On their website it states that the mission of Changing the Game Project is "to ensure that we return youth sports to our children, and put the 'play' back into 'play ball.' One of the feature articles in this months magazine considers the 'long ride home' and how this can kill a child's love of sport – we borrow a mantra from Changing the Game – simply by saying 'I love watching you play' can make a big difference to the enjoyment a child gets out of sport and, importantly, how long they keep playing.

There are a host of interesting and useful resources on their website that are worth checking out. Their blog articles alone make it a worthwhile subscription. A quick scan of their recent articles includes:

- How adults take the joy out of sports (and how we can fix it)
- Why kids quit sports
- The race to nowhere in youth sports
- Is it wise to specialise?
- The perils of single sport participation
- 3 myths that are destroying the youth sport experience for our kids

Play by the Rules has no association with Changing the Game – it's simply a really well-done and useful resource you may not be aware of for anyone interested in making sure our kids continue to play and enjoy sport in a safe, fair and inclusive environment.

You can find Changing the Game at www.changingthegameproject.com

Listen to John talk about Changing the Game at TEDxBend - <https://www.youtube.com/watch?v=VXw0XGOVQvw>



CONCUSSION IN SPORT: A MAJOR RESPONSE TO A GROWING CONCERN



This Australian Institute of Sport/Australian Medical Association website on concussion in sport brings together the most contemporary evidence-based information for athletes, parents, teachers, coaches and medical practitioners. Funded by the Australian Government, this site seeks to ensure that all members of the public have rapid access to information to increase their understanding of sport-related concussion and to assist in the delivery of best practice medical care.

Concussion affects athletes at all levels of sport from the part-time recreational athlete to the full-time professional. There has been growing concern in Australia and internationally about the incidence of sport-related concussion and potential health ramifications for athletes.

If managed appropriately most symptoms and signs of concussion resolve spontaneously; however, complications can occur, including prolonged duration of symptoms and increased susceptibility to further injury.

For more information go to <https://concussioninsport.gov.au/>

JOIN THE MOVEMENT

WOMEN AND GIRLS PARTICIPATION IN SPORT

On 7 June 2016, the Queensland Minister for Sport, Curtis Pitt, launched a campaign to motivate Queensland women and girls to overcome the barriers of everyday life to get active and improve their health and wellbeing.

'Join the movement' is an innovative campaign that includes a 90-second hero video, seven supporting stories, a campaign website, social media and other advertising collateral.

The music for the campaign was created by a local artist and all the people appearing in the videos were sourced by the department, which sent out emails to its clients seeking people to be involved.

The campaign's genesis was in the Department of National Parks, Sport and Racing, through Sport and Recreation Services, which recognised the importance of women and girls' participation in sport and active recreation.



As a result, in March 2013 the Ministerial Advisory Committee on Women and Girls in Sport and Recreation was established to develop evidence-based recommendations to guide the government in its quest to increase and enhance lifelong participation by women and girls in sport and active recreation.

'Join the movement' is predominantly a social media campaign. However, the campaign website (www.jointhemovement.qld.gov.au) also contains videos, activity profiles, and additional resources and materials such as posters that can be downloaded to promote physical activity for women and girls.

#JOINTHEMOVEMENT

#IFITMOVESYOUITIMPROVESYOU

<http://facebook.com/startplayingstayplaying>

How the post-game ride home can kill your kids' love of sport

Children's sport could take a note from many of the Fortune 500 companies consistently rated as 'best to work for'. A common characteristic of these companies is that they have introduced fun play for employees into their business models and as a result, many are dramatically increasing their levels of employee satisfaction and retention.

In contrast, children are dropping out of sport in droves between the ages of 12 and 15, and the principal reason they give researchers is that they are no longer having fun.

What children consider 'fun' can change as they develop. Several researchers have tried to define the concept with one suggesting that younger children associate movement sensations as a source of enjoyment, while older children find enjoyment in the social recognition of competence and the experience of encouragement, excitement and challenge.

So what robs our kids of all this feel-good, positive opportunity? There can be many elements in the mix – dislike of the coach, over-emphasis on winning, burnout, competing priorities – but one commonly cited culprit is parental pressure.

We have all seen or heard the 'ugly parent' who loudly offers an opinion, abuses officials, provides

'sideline coaching', or even initiates altercations with other spectators.

Yet pressure on children is not always so obvious.

An informal survey conducted across 30 years by two former long-time coaches in the United States asked hundreds of college athletes what their worst memory was from playing youth and high school sports.

Overwhelmingly they replied that it was the ride home from the game with their parents.

The majority of parents who make this ride home miserable do so inadvertently. Their children are a captive audience and when parents inevitably initiate a conversation about the game, the themes can range from observations about coaching decisions, officiating decisions, the skill levels of other players, and even questioning why their child forgot the techniques and strategies they've been practising.

The former three points often run contrary to the overarching sportsmanship message that the sport is conveying, and the latter is the coach's domain.

On that ride home, kids often have to endure the rocky transition from fun-loving and exhausted player back to pressured child, while their parents hold onto the mantle of informed spectator or sideline coach, and sometimes continue to do so until the following week's game. Many kids will reach the conclusion then that if they quit the sport they might get their mother or father back.

children have told researchers that they much more enjoy having their grandparents watch them play because they are simply enthusiastic spectators and are more likely after a game to offer a smile and a hug and simply say, 'i love watching you play'.



The message for parents is clear: showing displeasure about any aspect of a game sends the wrong message.

Everyone at a game is either a player, a coach, an official or a spectator, and parents need to remember their role. In the car ride home, let a child initiate a conversation about the game when they're ready or have a question. Provide answers that are mindful and don't carry an element of blame or segue into a longer conversation about the quality of the game. Help kids see the big picture rather than focusing on one single event and make that car trip a lot less harmful for everyone.

Taking the plunge: life after sport

I recently had a conversation with a former team-mate who informed me of his decision to retire on the advice of a brain injury specialist. The formal descriptor is Chronic Traumatic Encephalopathy, but brain damage about covers it for the layperson. My mate's glittering career (which included more than 50 test caps) has come to a jarring and rather disturbing close.

But life rolls on and he'll now turn his attention to the inevitable first stages of life post-sport. It's rarely a completely smooth transition and there are obvious reasons for this.

To begin with a retired athlete is often left trying to establish their *raison d'être*, their 'why'. Professional sport has a way of simplifying life by constantly making athletes aware of what matters, and what matters in professional sport is performance. Not last year's or last week's performance – instead the focus is always forward. Always. Towards the challenge of the next match. Robbed of this clarity, it can be difficult to find one's feet in the slower-paced world of less intensity and thrill.

Which isn't to suggest there aren't often a litany of opportunities for retired players, particularly those fortunate enough to build a valuable profile. Get a finance degree and one of the big banks will snap you up. They'll roll you out at fat-cat luncheons so often you might even

learn to enjoy the dancing monkey act that's required of you. If you've got a head that doesn't resemble road kill you might find yourself on television. This sounds pretty cool until you realise that you're a talking head on some horribly predictable platitude generator.

At this point you might be wondering if you can pick up one last gig in Japan, or a quick dash for cash in France. You might even make a go of these procrastinations before you have to face up to the grey suit hanging in your cupboard.

Perhaps I've painted too stark a picture. Perhaps there really are ex-rugby players that genuinely love being whatever it is you become when you wear a suit five days a week and catch up on *Game of Thrones* in the evening.

Here's the thing – and I'm talking to the guys and gals still playing or recently retired – rugby is a tough job. Now I know there's an entire blue collar nation that is about to request the world's tiniest violin, but hear me out.

I'm an entrepreneur, or at least I'm trying to be one. It's a difficult job at times. There's the risk that you could be burning through your life savings chasing an improbable dream. And there's certainly stress involved



in solving a ceaseless tidal wave of problems. But despite all this, and despite constantly being told how tough entrepreneurship is, my post-rugby life has never included being kneed so hard in the face that I required titanium plates and a bunch of screws just to get back to work.

As an entrepreneur I've never thrown up; as a rugby player I threw up every Monday for three months during pre-season training.

My point is that surviving professional sport over a long period of time equips people with the kind of skills that transfer well into life. Too few players seem to recognise that they will depart rugby with abilities that can give them a real edge in the workplace. I suspect it's this lack of confidence that results in so many seemingly timid post-rugby career decisions.

The truth is we only get one life, and until AGI-infused robots wise up we're going to spend a great deal of our precious waking moments working. This realisation alone should push us to forge our own path and test ourselves in new and uncomfortably uncharted spaces. As the late, and truly bloody great, Hunter S Thompson said:

'So we shall let the reader answer this question for himself: who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed?'

There's a lesson in here for us all, elite athlete and weekend warrior alike. Whether it's volunteering at school sport on Saturday or giving your all to qualify for the fourth grade finals, the willingness to sacrifice time and effort in the pursuit of shared goals and ideals is a fulfilling and noble act – and one that reminds us that participation in sport can help us develop and grow as individuals in ways that make us better human beings.

Clyde Rathbone

www.clyderathbone.com



Supplements - know what you are doing

In April 2016, Play by the Rules launched the 'Supplements – know what you are doing' campaign. The core message of the campaign is simply to get informed about supplements so that you can make informed choices. It came out of a growing concern and mounting evidence that the use of supplements at a grassroots level of sport is rife, and that there are many misconceptions about supplements that can lead to harm and misuse.

The message is not that all supplements are bad, rather that people at a grassroots level in particular have limited access to information and resources to help them make informed choices and subsequently can be either wasting their money or, even worse, doing harm to their own health. It is also well established that a high percentage of doping violations are a result of inadvertent supplement use.

The campaign features three videos and a call to action to download an ebook that answers 17 frequently asked questions about supplements. Here is an extract of the ebook:

What exactly are supplements?

'Supplements' is the short-form phrase that people often use for 'dietary supplements' or 'nutritional supplements'. People generally use supplements in an effort to enhance health and/or boost exercise performance. Supplements cover a broad range of products including vitamins, minerals, herbs, meal replacement formulations, sports nutrition products, natural food concentrates, and other related products. The marketplace supplies thousands of supplements claiming to provide nutritional support for athletes. Some of these consist of high-protein products, such as amino acid supplements, while other products contain nutrients that support metabolism, energy, and athletic performance and recovery. Supplements can be found in pill, tablet, capsule, powder or liquid form.

As an athlete, why do i need to be careful about taking supplements?

Anyone considering taking a supplement needs to be aware that there can be problems with their supply, manufacture or labelling.

Products such as herbs may sometimes be tainted with germs, pesticides or toxic heavy metals. Herbal growers may mix or substitute their crops when they are unable to fill supply quotas;

or 'rogue' plants may grow in with others. This may lead manufacturers to unknowingly purchase contaminated products.

As an athlete you need to be careful about anything that goes into your body.

It is well recognised that what you eat can impact on your performance and the same can be said for supplements. They are not inert substances, and while there is clear evidence of health and performance benefits from the strategic use of specific supplements, there are also numerous examples of adverse outcomes – from impaired fitness after a period of training, to inadvertent doping in sport, right through to individuals presenting to the emergency department of a hospital as a consequence of supplement use. Accordingly, supplements and their subscription should be managed by qualified experts to ensure that you are using the right product in the right amounts when a need is identified.

Everyone else in our club is taking supplements, so something must be of benefit?

Supplements should only be prescribed for individuals to meet their specific nutritional need. With this in mind, there needs to be an understanding of the training an athlete is undertaking, but especially their current dietary intake and goals they are working towards. Given this, two athletes can have very different nutritional needs, even when doing the same training. As such, their food and fluid needs will be different and so should consideration of any potential supplementation.

If you want to find out more about supplements then download the ebook here:

<http://playbytherules.biz/t/supps>

There is also more information on Play by the Rules:

<http://www.playbytherules.net.au/news-centre/projects-sport-integrity/1446-safeguarding-integrity>



THE MODERN DAY VOLUNTEER

In August 2014 Jeremy Loeliger (partner) and Ben Hunt (lawyer) from Holding Redlich wrote a short piece on Tips and tricks for office holders of incorporated associations. While the focus was on the Victorian Associations Reform Act 2012, it is appropriate to revisit what they said then in light of the passing into law of the Western Australian Associations Incorporation Act 2015. The 2015 Act is the latest example of a regulatory framework intended to assist associations to be more accountable and transparent to members.

But in drawing up a complex regulatory environment for associations generally, and sporting associations in particular, are the regulators discouraging people from wanting to volunteer for positions as office holders, particularly with the imposition of heavy fines for breaches of their duties as office holders?

What is the legal position of members?

Community-based sporting clubs and associations are still largely incorporated under the Associated Incorporations legislation or companies limited by guarantee under the Corporations Act 2001 (Cth). In both cases they have a legal existence independent of their members. This means that any debts and/or liabilities that an association incurs are a problem for the association and not the members.

Who is an officer holder?

Office holders are responsible for ensuring an incorporated association complies with its statutory and reporting obligations. At grassroots level (but not necessarily at higher levels), office holders are an unpaid group of people who have volunteered their time to serve their association in a variety of roles, including as committee members, secretary, treasurer or public officer, or anyone who makes decisions affecting the association's operations.

What is the role of office holders?

Unlike the members of an association, there are legal duties imposed on office holders that they must comply with. These duties are reasonably uniform across all jurisdictions and include: a duty to disclose material personal interests; a duty of care and diligence; a duty of good faith and proper purpose; a duty not to misuse their position, and use of information gained through their position, for their own gain or to the detriment of the association. Failure to comply carries significant financial

penalties for the office holder, and possibly even imprisonment in some jurisdictions.

Protection of office holders

All is not lost for the office holder as their incorporated association must indemnify them from liability as long as they have carried out their duties in good faith for and on behalf of the association, usually by way of officers' indemnity insurance. If they have acted negligently or recklessly, then they will not be able to rely on the protection of the association and may be personally liable.

What is the problem?

The growing legal complexity and associated compliance requirements of being involved as a committee member or office holder of an organisation is undeniable. And while much of today's regulatory framework is associated with providing organisations with, among other things, common-sense guidelines for transparency of administration, protection of the interests of members and, ultimately, the success and longevity of the organisation, how does the potential modern day volunteer for an office holder view the current regulatory environment?

Hopefully it is not along the lines of: 'I need to be a lawyer not only to understand what my legal duties are but to even understand the Act. This is all too hard. All I wanted to do was to volunteer my services to help my club out as an office holder. I can't be bothered trying to deal with all this legal rubbish that seems to apply nowadays, and anyway, I haven't got the time.'

Can anything be done to attract volunteers to officer holder positions?

The purpose of the Associations Incorporation legislation is not to discourage people from volunteering their services but to provide a regulatory framework that safeguards office holders by making decisions transparent and accountable, which can be seen as being for the benefit of the membership and the association.

One final point that is worth noting is that an association is often said to be only as strong as its committee. It is in the interests of an association to ensure that it attracts the best people as office holders. This requires some effort on the part of existing office holders, usually the secretary or president, to allay any fears on the part of new office holders (or those thinking about volunteering their services) that they are entering into roles that are potential legal minefields and will expose them to personal liability.

Andy Gibson ANZSLA Life Member and Academic, Southern Cross University

PERSPECTIVES

SILENCE ON THE SIDELINES AND LET KIDS BE KIDS

On the last weekend of May the Northern Suburbs Football Association (NSFA) in Sydney held SOS (Silent on Sidelines) for a weekend of junior sports fixtures. It was an initiative of the NSFA to raise awareness of respect on the field for players and referees. The objective of the weekend was to promote integrity in sport and drive cultural change. It called for the supporters on the sideline to be respectful of the game and let the game proceed undisturbed. There was no yelling at referees, coaches or players. Clapping was permitted.

While the initiative and commitment of the NSFA is to be applauded and hopefully the weekend went well, it does provide a reflection of the state of junior sport and spectator behaviour. More and more 'extremes' are being taken to curb poor spectator behaviour. Security guards engaged in Penrith rugby league, junior football games being played behind closed doors in Canberra. Where does it end?

Cultural change takes time, but now is the time to step up and step back to let kids be kids at junior sport.

Watch out for the upcoming 'Let kids be kids' campaign that will include a strong call to action and a suite of resources to help your club or association drive the cultural change that associations such as the NSFA are seeking. Below is a short snippet from Elyse Perry on the upcoming Let Kids Be Kids campaign.

<http://pbtr1.s3.amazonaws.com/LKBKEP0130.mp3>



ONLINE COURSE UPDATE

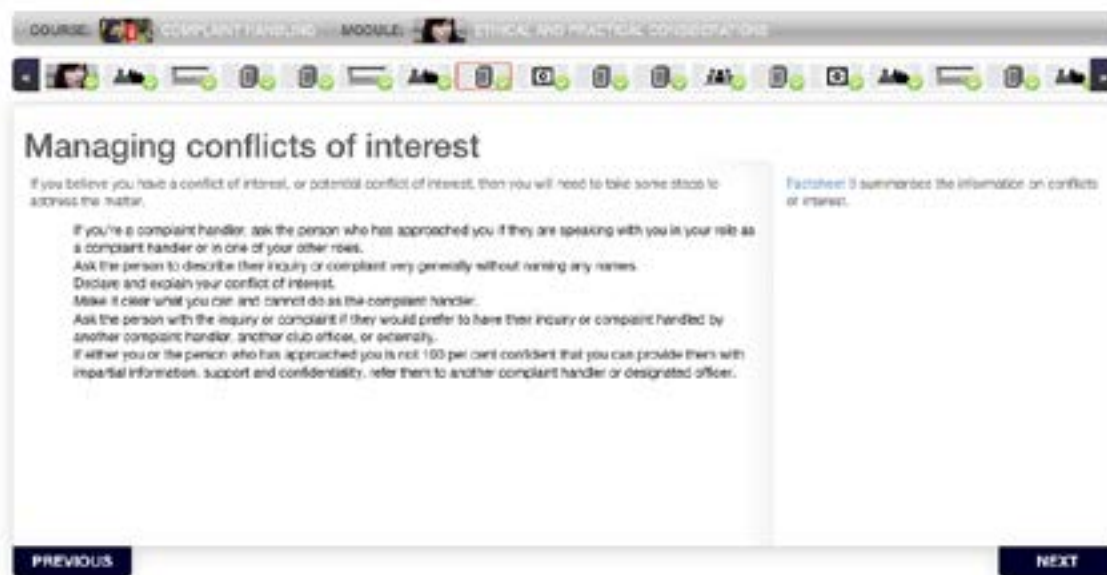
complaint handling - managing conflicts of interest

If you believe you have a conflict of interest, or potential conflict of interest, then you will need to take some steps to address the matter.

- If you're a complaint handler, ask the person who has approached you if they are speaking with you in your role as a complaint handler or in one of your other roles.
- Ask the person to describe their inquiry or complaint very generally without naming any names.
- Declare and explain your conflict of interest.
- Make it clear what you can and cannot do as the complaint handler.
- Ask the person with the inquiry or complaint if they would prefer to have their inquiry or complaint handled by another complaint handler, another club officer, or externally.

If either you or the person who has approached you is not 100 per cent confident that you can provide them with impartial information, support and confidentiality, refer them to another complaint handler or designated officer.

To access the free online complaint handling course go to <http://learning.ausport.gov.au>



RESOURCE PROFILE

The interactive scenarios

One of the most popular features of Play by the Rules are the interactive scenarios. Play by the Rules has developed short interactive scenarios on topical issues and challenges occurring in sport. These scenarios let you explore your understanding and beliefs about issues as well as provide practical tips about inclusive, safe and fair sports practices and procedures.

The scenarios include:

- Disability inclusion
- Girls playing in boys teams
- Homophobia and sexuality discrimination
- Overtraining or suspicion of harm
- Pregnancy and participation
- Religious inclusion
- Restricted access (sex discrimination)
- Sexual harassment
- Team selection (junior sport)
- Verbally abusive coach.

To access the interactive scenarios go to: <http://www.playbytherules.net.au/interactive-scenarios>

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Come and join the 19,500+ subscribers to Play by the Rules - it's a great way to keep up-to-date with safe, fair and inclusive sport. Simply go to <http://pbtr.com.au>



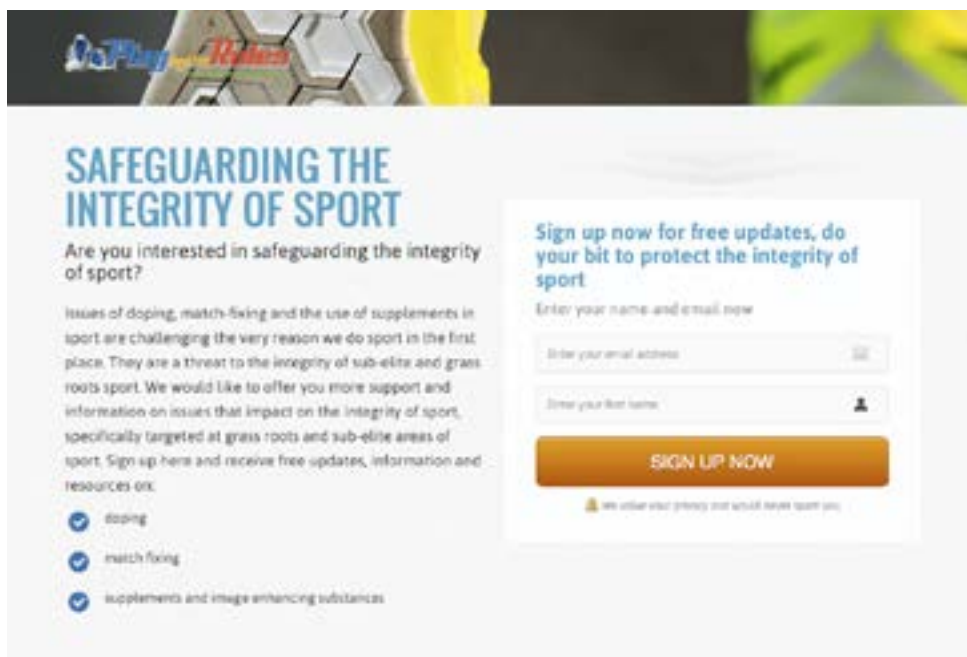
First Name:

Email:

SIGN UP NOW

We respect your [email privacy](#)

If you are particularly interested in issues such as match-fixing, online betting, doping and the use of supplements in sport then you can also sign on here for updates - <http://pbtr.com.au/safeguarding>



SAFEGUARDING THE INTEGRITY OF SPORT

Are you interested in safeguarding the integrity of sport?

Issues of doping, match-fixing and the use of supplements in sport are challenging the very reason we do sport in the first place. They are a threat to the integrity of sub-elite and grass roots sport. We would like to offer you more support and information on issues that impact on the integrity of sport, specifically targeted at grass roots and sub-elite areas of sport. Sign up here and receive free updates, information and resources on:

- doping
- match fixing
- supplements and image enhancing substances

Sign up now for free updates, do your bit to protect the integrity of sport

Enter your name and email now

Enter your email address

Enter your first name

SIGN UP NOW

We value your privacy and won't share your info

BACK PAGE

Our partners

Did you know that Play by the Rules is one of the best examples of a Collective Impact approach to addressing sport issues in the country? If not the best. Play by the Rules is a collaboration between multiple partners.



Back Issues

You can access each back issue for this magazine by visiting [this page](#) on the Play by the Rules website. All the feature articles and significant news items are listed here so you can access the resources that interest you.

Share and spread the word

One easy way to keep up to date and support safe, fair and inclusive sport is to share Play by the Rules across social media ...



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