

# Preventing violence in a sport context in Quebec: Co-construction of a vision and action priorities

## Vision

A change in culture is needed to make the Quebec sport community a place where the integrity and safety of all involved is respected. Such a culture would emphasize fun, development, and well-being rather than performance alone. Safety and integrity should be at the core of all thinking and actions in sport.



## Guiding principles

on which the vision is based



### Accountability

Safety and integrity are a shared responsibilities. Everyone involved in sport in Quebec has a role to play and is responsible for ensuring that their actions are consistent.

### Recognition

Existing actions and resources must be identified and promoted.  
Efforts and successes along the way must be valued.

## Values

on which the cultural change should be based

**Respect**

**Inclusion**

**Accessibility**

**Diversity**

**Equity**

## Orientations

Based on the participant's answers, six orientations have been identified to develop this shared vision.



### Establish a clear framework and definitions

Quebec sport stakeholders must agree on a holistic definition of integrity that includes all levels (economic, physical, psychological, etc.). Everyone involved must understand this definition and know what is acceptable or not.

### Offer adapted training

Training must be developed for everyone involved (athlete, parent, coach, official, etc.) in order to meet their needs. These trainings must go beyond the technical aspects and promote relational skills (emotional management, communication, etc.).

### Provide support, from prevention to evaluation

The measures implemented must be monitored and evaluated to highlight what is working and what is not. The evaluation must use indicators consistent with the change in culture, such as the participation rate or the number of injuries rather than performance.

### Set limits and impose sanctions

To ensure a cultural change, funding should not only be based on performance or results. There must also be independent complaint mechanisms that are known and functional. Consequences must be planned and implemented when necessary.

### Focus on communication and collaboration

Communication is essential between all people and organizations involved in sport (clubs and federations, municipalities, schools, media, etc.). Resources and experiences should be shared, including between different sports and different levels.

### Provide resources

We must make known the resources that exist and develop them as needed. These resources must be accessible, credible, and diversified to meet the different needs of those involved in the sport community. As mentioned, resources should be shared to promote the cultural change and optimize investments.

**This infographic was designed from the following research report:**

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<https://sims.chaire.ulaval.ca/en/knowledge-mobilization/scientific-popularization-tools/>