



An improved supervisory structure for better activities

- Assisting sports organizations in establishing their own safety rules.
- Safety intervention for users and suppliers of recreation and sports services: conduct, facilities, protective equipment, supervision quality.
- Financial support for safety and integrity projects.

Organizations that have adopted the *Avis sur l'éthique en loisir et en sport* (brief on ethics in recreation and sports) can obtain financial support by presenting projects involving compliance with or promotion of the ethics and values presented in the brief.

- Ethics initiatives for participants, staff and administrators to help preserve the physical and moral integrity of participants.

Acquisition and circulation of knowledge

- Monitoring and surveillance of sports and recreation-related injuries (statistics on medical consultations, hospitalizations, injuries and deaths related to recreation and sports in Québec)
- Production of and contributions to many different studies in the recreation and sports sector
- Financial support for various studies and research projects in the recreation and sports sector
- Circulation and publication of the findings of recreation and sports research and studies

Application of regulations

- Application of the *Act respecting safety in sports* and its regulations, including the following:
 - the *Regulation respecting safety in Alpine ski centres*
 - the *Regulation respecting protective equipment for the practice of ice hockey*
 - the *By-law respecting qualifications for recreational underwater diving*

SOME PRIORITY ISSUES

Among the many initiatives pertaining to the promotion of safety in recreation and sports, specific measures have been taken in the following areas:

- promotion of ethics in sports (e.g. promotion of fair play, prevention of violence, drug use, sexual assault and harassment)
- injury prevention in Alpine skiing, snowboarding, skateboarding and ice hockey
- prevention of drowning
- creation of concepts such as "Safe Sports City" and "Developing Recreation and Sports"
- improved knowledge of the circumstances in which injuries occur in certain activities, and the impact of young sportspeople's attitudes and behaviours



Safety and Integrity in Recreation and Sports

Keep it fun!



CONTACT US

Please contact us if you would like more information or copies of our publications.

By mail: Ministère de l'Éducation,
du Loisir et du Sport
**Direction de la promotion
de la sécurité**
100, Lavolette, Suite 306
Trois-Rivières (Québec) G9A 5S9

By telephone: 819-371-6033 or **1-800-567-7902**

By fax: 819-371-6992

Web site: www.mels.gouv.qc.ca/loisirsport





MISSION

The Ministère de l'Éducation, du Loisir et du Sport (MELS) is responsible for supervising personal safety and integrity in the practice of recreational and sports activities. Within MELS, this task is performed by the Direction de la promotion de la sécurité (DPS), which is responsible for the various duties entrusted to the Minister by the *Act respecting safety in sports*, namely:

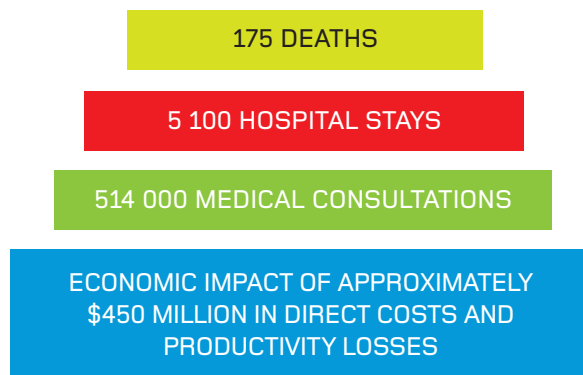
- gathering, analyzing and circulating information
- conducting or commissioning research
- educating the general public to help ensure its safety
- contributing to the preparation of safety training methods for people working in the fields of recreation and sports
- providing technical assistance to sports organizations for preparation and circulation of their safety regulations
- advising people who request advice on the means of ensuring safety in recreation and sports
- encouraging non-violence in sports

The Minister responsible for applying the Act also has the power to make regulations and adopt standards to ensure the safety of sports participants and spectators.

SPORTS AND RECREATION-RELATED INJURIES: A MAJOR CONCERN

Although physical activities, sports and recreation can all help improve health, they nevertheless pose a significant risk of injury and death.

The following diagram shows the annual impact of these injuries in Québec:



THE FOUR STRATEGIC AREAS OF INTERVENTION

1. A good quality physical environment:

Prepare and encourage the adoption of safety standards for the development, maintenance and management of recreation and sports facilities.

2. **Good quality supervision:** Ensure that the people concerned (e.g. coaches, officials, administrators, monitors, guides, lifeguards, etc.) are familiar with, promote and apply the principles of safety and integrity.

TARGET GROUPS AND PARTNERS

The groups targeted are:

- the general public
- young people between 12 and 24 years of age, a priority group because they are the most at-risk for sports and recreation-related injuries
- priority group coaches and trainers
- sports organizations, whether or not they are affiliated with a federation (e.g. associations, leagues, clubs, coaches and trainers)
- sports facility owners, managers and operators
- sports and recreation service providers

In Québec, MELS works with:

- representatives from various fields (e.g. associations, schools, municipalities and public health)
- a range of private-sector organizations and stakeholders
- other government departments

SERVICES

Public information and education

- Information on regulations, standards, injury prevention, promotion of fair play, drug prevention and prevention of sexual harassment and assault.

Various publications answer a wide variety of questions on issues such as the standards for development and maintenance of sports surfaces (e.g. baseball, soccer, softball fields; ski trails; indoor sports arenas, etc.), ice hockey regulations and the safety rules of sports federations.

- Advice on methods for ensuring safety, integrity and ethics in recreation and sports.

This includes information on the *Mountain Code of Conduct*, how to avoid injuries during winter activities with children, training, codes of conduct for trainers, monitors, recreation and sports staff, guides and other supervisors, and general safety instructions.

This includes information on a wide variety of topics, including pool safety for homeowners, protective equipment for ice hockey, climbing safety and safety in other recreational and sports activities.

- Telephone help line for requests for information from individuals and organizations on all issues relating to safety, integrity and ethics in recreation and sports.