

Returning to Sport

A resource for parents

As New Brunswickers adjust to the "new reality" with COVID-19, let's get ready for children to return to sport and recreation.

The **Network for Safe Sport and Recreation NB** would like to remind parents that their behaviour often impacts their child's experiences in sport and recreation.

A few reminders to help us get ready to play:



Selected resources for parents & guardians:

Changing the Game Project: [Reimagining Youth Sports in a Post COVID-19 World](#)

[Respect in Sport: Parent Program \(fee-based\)](#)

[Sport for Life's LTAD: Parent Information](#)

[True Sport's The Ride Home Campaign](#)

The Network for Safe Sport and Recreation in New Brunswick is a non-authoritative collective developed in partnership between Coach NB and the Department of Tourism, Heritage and Culture (Sport & Recreation Branch). The Network acts as a mechanism for knowledge exchange and collaboration among sport and recreation partners. The Network concentrates their efforts in ethics in sport, and concussions in sport & recreation.

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Practice patience

Everyone is working to make sport safe with COVID-19. Even if sport looks different, it's because coaches, organizers, officials, & others are trying to keep your kids safe.

Focus on fun

Now is a great time to get back to the basics of sport participation, and encourage everyone to embrace play & fun! Competition isn't the "be all & end all" of sport.

Talk openly

Things will be different! Acknowledge this with your kids and talk to them about it. Let them know we are all finding it challenging, and it's okay to be unsure, and to ask questions.

Stay vigilant

Even as restrictions relax, follow the latest Public Health guidelines & recommendations and the COVID-19 operational plans for your sport organization.