

# NATIONAL PLAN FOR ETHICS IN SPORTS

Portugal

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**VALORES!**

Move for values



The National Plan for Ethics in Sport (NPES) is an initiative of the Constitutional Government of Portugal, promoted by the Youth and Sports Secretary of State. It is headquartered in the Portuguese Institute of Sports and Youth, and streamlined by the NPES Coordination Office.

NPES was launched on February 27, 2012 - the **National Year of Ethics in Sports.**



## General Goals

The NPES aims to encourage all citizens, particularly children and young people, to experience ethical values such as respect, honesty, tolerance and solidarity in sports and sports practice.

Nowadays, sport crosses transversely the whole society and to such a point that many authors consider it a mirror of society, reflecting its contradictions and crises and also its dreams and hopes.

Sport is now considered a tool of social progress. Besides its fundamental role on health promotion and focus on physical and psychological well-being, sport also provides a "Parallel School" that might contribute to the assimilation of ethical values, essential for the building of a more balanced, more helpful and fairer society.

In our times, society is in constant change and everyday life is particularly stressful, marked by lack of time, fierce competitions at work, and increasing risk behaviors such as drug addiction, organized crime and social isolation. We believe that sport is an excellent vehicle for the transmission of healthy lifestyles and ethical values which, being adopted in everyday life can produce significant changes in the way society is currently living. Therefore, NPES is an open and transversal project, directed to the whole society and to all citizens.



## Specific Goals

- Promote the theme of Sports Ethics among the population, especially children and youth;
- Enable a wide range of institutions, clubs, associations and schools to benefit from resources, facilities and activities, designed to ponder over Sports Ethics;
- Promote a set of reflections and activities within the community, so that sports values can be experienced and understood;
- Put the issue of Ethics in Sport on the agenda of the media;
- Make use of the most relevant sporting moments to publicize the issue of Ethics in Sport.

These goals rely on The Code of Sports Ethic for “Fair play in Sports”, from the Council of Europe, which is a statement of intention accepted by all the European Ministers responsible for Sports. This code assumes that ethical considerations that underlie fair play are not an optional item but something essential to any sports activity and which apply to all levels of competence in sports, from management to sports practice. It extends from leisure activities to professional competition, providing a solid ethical framework that helps to fight against the pressures of modern society which are threatening the traditional sports foundations such as fair play, sportsmanship and volunteering.



# NPES Strategic Axes

NPES will be achieved through five major axes:

## Training and Education

Inclusion of the Ethics in Sport topic at various levels of training, particularly in specialized training for teachers of primary and secondary education, and in specialized training of several sports agents (sports directors, coaches and referees). Development of awareness sessions about the Ethics in Sport theme in schools, sport clubs and other entities, with children, young people and parents.



Awareness and training sessions

## Sports Practice and Events

Encourage the experience of ethical values throughout sports activities and events, whether in a formal or informal context.



Ethics in Sport National Plan present in high competition events



Ethics in Sport National Plan present in sport events for young people

## Publications, Research and Digital Platforms

Specific publications on the subject, development of scientific studies on the Ethics of Sport, creation of a Portal and other digital tools devoted to the NPES and Ethics in Sport.



Information brochures – e.g. doping; Bullying; Parents.

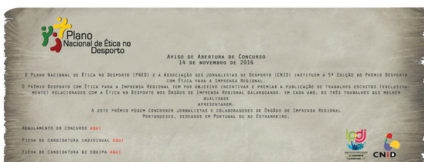
Ethics in sport research collection

Code of sports ethics



## Contests

Development of multiple contests on the subject of Ethics in Sport.



Regional Press contest



Literary contest



Research contest

## Campaigns

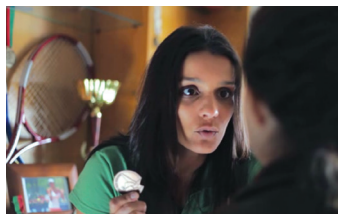
Creation and implementation of a set of campaigns related to the Ethics in Sport subject, mainly in the media channels as radio, TV, Press and Internet. NPES is also the “Respect Campaign” promoter, implemented in the Portuguese Professional Football League.



Weekly Campaign in the Antena 1 Radio Programme - “Tarde Desportiva”



A dedicated area for Ethics provider articles in a portuguese sport journal site



Television Campaigns



“Respect Campaign” in the Portuguese Football 1<sup>st</sup> League

**Melhores atletas e cidadãos**

A campanha Karatéexemplo ([www.fnkp.pt](http://www.fnkp.pt)), lançada pela Federação Nacional de Karaté – Portugal pretende reforçar o reconhecimento do karatê enquanto fusão de três vertentes – desportiva, marcial e educativa –, assentes nos valores que montaram desde sempre a sua prática. Numa altura em que as sociedades atravessam um período complexo e se assiste à erosão de valores essenciais para a manutenção da coesão social o respeito mútuo, o karatê reafirma-se como prática fundada em valores éticos fundamentais.

**R**espeito, solidariedade, humildade, espírito de sacrifício, lealdade e honra são alguns dos valores que os professores transmitem aos atletas, promovendo o exemplo do seu percurso como a aplicação prática desses valores. As famílias que integram os filhos na prática do karatê fazem-no pelo reconhecimento desse trabalho e da participação e relação harmoniosa e socialmente exemplar entre todos os agentes envolvidos. O projeto Karatéex-

**Karatê reafirma-se como prática fundada em valores fundamentais**

An bi-weekly article on a portuguese sport journal



## Good Practices



**Ethics Flag** - It is a certification process of ethical values in sport, aimed at clubs, schools, projects or any other type of initiatives and entities that want to see their work recognized and certified in the promotion of ethical values through sport. It is also intended through this project to implement a process that identifies and promotes good practices, while ensuring a flexible and useful methodology for all types of agents.

**White/Fairplay Card** - The white / fairplay card is a card that aims to recognize, highlight and reward ethically relevant attitudes and behavior of practitioners, coaches, managers, among other agents directly involved in the game, as well as spectators. It is a pedagogical card.



**Sport Values Training Centre** - A mobile educational resource available to go to schools, clubs, sport events, etc. It is a playful space with games and interactive activities where children and young people can reflect and deepen the issue of sport values.

## Recognition and Awards



**International Recognition** - NPES was the Fair Play Spirit Award 2016 winner for the European Fair Play Movement.



**National Sport Ethics Award** – This award aims to distinguish, annually, personalities and/or entities that evidence a repeated conduct based on the defense of the ethical values in the sport.

# Strategic framework (NPES)

<b>MISSION</b>	Awareness and promotion of Ethics in sport for a cross-sectoral and multidisciplinary methodology, directed to all citizens.					Projects-Initiatives-Actions Higher Education – Schools – Federations, Clubs and Collectivities – Businesses/Companies – Prison Environment – Youth Associations – Municipalities/City Councils Population
<b>VISION</b>	Highlight on Sport as a human conception in the light of experienced respect for fundamental and universal ethical principles.					
<b>GOALS</b>	Promoting Ethics among young people		Disseminate the fundamental and universal values		Experience the Ethics in Sport	
<b>STRATEGIC VECTORS</b>	Education and Training		ICT		Information and Awareness	
<b>PRINCIPLES</b>	Collaboration	Praxis	Synergies	Action	Multisectoral Global	
<b>OBJECTIVES</b>	Promoting Ethics			Experiencing the values		
<b>AXIS</b>	Sports Practice	Research Publications	Education Training	Contests Prizes	Information Awareness Campaigns	
<b>LEVEL</b>	Federated/ Not Federated	Olympic/ Paralympic	School University	CPLP Lusophony	National/ International	
<b>AREAS</b>	Performing Arts	Eco Sustainability	Regulations	Technologies	Communication	
<b>DISSEMINATION, COOPERATION, PARTNERSHIP, ACTION</b>						
<b>MONITORING</b>			<b>EVALUATION</b>			



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## ENGLISH VERSION NPES EDITIONS

- NATIONAL PLAN FOR ETHICS IN SPORT
- SPORT ETHICS CODE
- ETHICS IN SPORT – GUIDELINES FOR COACHES
- ETHICS IN SPORT – GUIDELINES FOR TEACHERS