

# Operating principles of the City of Helsinki's Sports Services for sports activities for children and young people

as of 1 September 2024

## 1. Quality:

The activities must be planned and organised well. Participating in the activities must support the healthy growth and development of children and young people in many ways. The practical activities must be supervised by trained instructors who must be 18 or older. The instructors must undertake to attend training sessions organised by the City.

## 2. The low-threshold principle:

The activities must be accessible and open to everyone, free of charge. The activities must be easy to join, without requiring participants to commit to participating, and they must not be based on competitive goals.

If necessary, children and young people may have an assistant, guide or interpreter with them in the group.

Activities that are open to everyone must be adapted to the skill level and wishes of the participants. For example, the activities may be adapted as follows:

- Open exercises: an exercise or task that is suitable for everyone
- Adapted exercises: adaptation of teaching methods, rules, equipment, facilities, etc.
- Parallel exercises: the participants can choose between exercises for different skill levels

### **3. Equality:**

All children and young people have the right to engage in recreational activities, and each child and young person must be treated as an individual. Instructors must be able to take different types of children into account and find games, exercises and activities that are suitable for each child's skill level. Instructors must be able to treat children equally, regardless of their skill level, background, age, gender, skin colour or other external factors.

### **4. Focus on children and young people, i.e. consideration of the target group's participation in the activities:**

Children and young people's ideas, wishes and needs must be listened to and met in the activities throughout the period. Instructors must involve children and young people in planning and implementing the activities for the period. Feedback must be collected at the end of the period, and it must be taken into account in planning subsequent periods.

### **5. Safe and pleasant activity groups:**

Instructors must contribute to a friendly, safe and encouraging group atmosphere through their actions. The activities must allow each child and young person to express themselves and their wishes and needs as they are.

The activities must have zero tolerance for bullying.

The sessions must be planned so that each child has the opportunity to participate in the activities safely, in accordance with their stage of development and skill level. Instructors must know the basics of first aid and the procedure in the event of accidents and emergencies.

### **6. Joy of doing things, good team spirit and friendship:**

Instructors must inspire and encourage children and young people to join the activities by promoting joy. The groups must treat each participant as an equal and learn good friendship skills together. Each participant's contribution to the shared activities and good team spirit is equally valuable.

