

# Operating principles of Perhehulinat family sports

## **1. Quality:**

Participation in the activities must support families in being physically active together with their under school-aged children. The activities must strengthen the development of children's physical activeness in many ways. An instructor must supervise the activities, and the activities must take place in school gyms.

## **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 register or commit to participating, and they must not be based on competitive goals.

## **3. Equality:**

A Perhehulinat bag must contain instructions and equipment that allow families to engage in play, physical training and other activities independently.

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

The facilities and equipment reserved for the activities must make it easy for participants to try ready ideas or their own ideas for physical activities. At the end of the period, the supervisor of the activities must collect feedback, which must be taken into account in planning subsequent periods.

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

The adults must ensure their children's safety during the activities by being present and participating in the activities together with their children. Those participating in the activities must contribute to a friendly, safe and encouraging group atmosphere through their actions.

The aim is to allow every child to express themselves and their wishes and needs as they are during the activities. The activities must be carried out with consideration to and on the terms of the youngest participants. If you borrow equipment, you must return it to its designated place after use.

The activities must have zero tolerance for bullying and discrimination. The sessions must be organised so that each child has the opportunity to participate in the activities safely, in accordance with their stage of development and skill level. The session supervisor knows what to do in the event of accidents and emergencies.

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

The goal of the activities is to inspire families to be physically active together 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. The groups must warmly welcome newcomers.