

AIS RESPECTFUL BEHAVIOURS PROGRAM



Respectful Behaviours (RB) is an evidence-based, professional learning program focusing on key areas underpinning culture in the high performance (HP) sport. RB helps organisations identify and address the negative influences of power imbalances and gender-based issues and develop an inclusive and safe HP environment.

What is RB?

The AIS RESPECTFUL BEHAVIOURS PROGRAM has been developed by the AIS in conjunction with Deakin University. RB is a comprehensive, evidence-based professional learning program developed specifically for HP sport.

The framework supports organisations to identify and address problematic **attitudes, norms and practices** in HP environments, including:

- power imbalance**
- gender-based inequality**
- toxic athlete/athlete and coach/athlete interactions.**

RB helps develop and foster an environment that supports HP participants' wellbeing as well as enhancing a collective performance edge.



Learning Content

The AIS Respectful Behaviours Management Framework is comprised of nine modules conducted for HP athletes, coaches and staff, in a workshop setting. RB is designed to **tailor to the requirements** of individual NSOs and NINs.

Workshops can be delivered as **full or half day workshops** and integrated to suit the organisation's calendar.

The pool of facilitators are also **former elite athletes** who bring their specific RB training as well as lived experience in HP sport.

Modules areas include:

- Bystander behaviour
- Communication & conflict
- Responding to serious incidents
- Developing an ethical framework

Research shows:

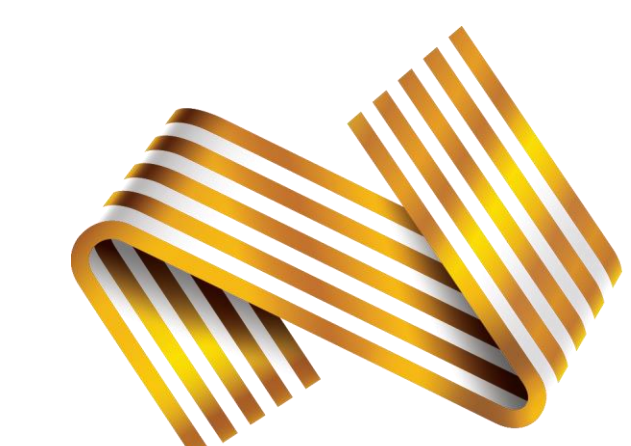
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 The likelihood of 'high risk attitudes and beliefs' being communicated to athletes is reduced when coaches, staff and senior management participate in respectful behaviours education professional learning.

 Participants are empowered to provide leadership in discussing and addressing matters of racism, prejudice, diversity and inclusivity in a proactive and constructive manner.

 Involvement in longer term professional learning programs has significant impact on 'cultural competence and cultural awareness' rather than single session and adhoc interventions.



AIS