

Young People

- **Honesty**
Have the courage to do the right thing. Be truthful and promote fairness in every situation.
- **Teamwork**
Treat everyone equally, support each other and work together to have fun and achieve.
- **Respect**
Treat others politely and with understanding. Accept life's 'ups and downs' with grace.
- **Self belief**
Believe to achieve. Have the self belief and confidence to succeed and reach your personal best
- **Passion**
Put 100% into whatever you are doing. Approach opportunities with enthusiasm and positivity.
- **Determination**
Keep going no matter what. Commit to your goals and keep working every day to become the very best you can be.

The Games

- **Opportunity**
Provide and enhance opportunities for the development of young people of all abilities.
- **Integrity**
Promote fair play and the spirit of friendly competition. Ensure quality and consistency across events.
- **Safety**
Adopt best practice and extend a duty of care to all young people involved. Challenge poor practice.
- **Progression**
Link with emerging school sport frameworks to support sustainability. Identify areas for development.
- **Leadership**
Facilitate information exchange and sharing good practice. Encourage new working partnerships.
- **Recognition**
Provide a show case for future sporting talent. Be exciting, rewarding and enjoyable for all involved.

Adults

- **Respect**
Emphasise the enjoyment of competing fairly, and the need to respect all other participants, spectators and officials.
- **Responsibility**
Demand a high standard of behaviour, and manage the conduct of young people in your care.
- **Encouragement**
Create an environment in which individuals feel encouraged to participate and achieve their best.
- **Sportsmanship**
Encourage participants to actively support others, and lead by example in displaying good sporting behaviour.
- **Care**
Show a duty of care to participants by identifying and meeting their individual needs.
- **Health**
Promote physical activity, healthy lifestyles and lifelong participation in sport.