

# GILWELL PARK SPORTS

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FREE  
SPORTS  
—  
ETHICS &  
FAIR PLAY

DOPING  
YES OR NO?



GILWELL PARK

# Gilwell Sport **TEAM**

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# Free Sports

*Romania, Bulgaria, Croatia, Italy and Turkey offer a wide range of different free accessible sports*

**Romania** CHESS PLAYING- if you have the chance to visit this country you will be quite surprised by the great number of chess playing fields. According to statistics on the territory of Romania there are more than 100 free chess fields.

**Bulgaria** NIKE + - once you have stepped on the territory of South Park you have the possibility of taking part in NIKE + programme sponsored by NIKE. According to the rules if you run 5 times you receive a free original NIKE t-shirt, if you run 20 times- a 50% discount.

**Turkey** BALERIN CAFÉ – located in the Green Park- Antalia, is an unique place for all people who love latin dances as well as others who want to try for the first time. KUBRA UNVER is the biggest fan of that place: *“I just loose myself in the dance because the Latin dance is my wind and I just go wherever it takes me.”*

**Croatia** OUTDOOR GYMS are really famous in Croatia. There you have the opportunity to practice a wide range of sports like basketball, football, handball etc. –absolutely free. Moreover here you can skateboard in one of the biggest skateparks in Europe.

**Italy** it is a well-known fact that Italy has a dozen of magnificent beaches. There you have the chance to swim absolutely free whenever you want. One of these places is POETTO. Here you can rent equipment but swimming is FREE.



# ETHICS & FAIR PLAY IN SPORTS

People involved in a competitive sport are encouraged by their teams and supporters starting from their childhood to win by any mean, even if that leads to step on their opponents for becoming the first one.

All athletes should follow a moral code when they compete, an ethical approach whenever they are playing against their opponents. This could be summarized with 4 short key words that should always be on someone mind if their aim is to compete in a fair way:

**- Fairness :** Always follow the rules and be fair to your opponent

**Integrity :** don't take advantage of your opponent if that involves breaking a rule

**- Responsibility:** for your own performance and your behavior in the field

**- Respect:** the most important one, be always respectful toward your opponent.

These four virtues are the basis for a nice and clean game. It doesn't matter whatever sport you are practice, if you play a fair game and your opponent does the same not only the competition will be more exciting but also it won't matter who will win because if you played by the rules and a fair game, you are already a winner.



# WHAT IS DOPING?

Doping refers to the use of banned athletic performance-enhancing drugs by athletic competitors. The use of such drugs to enhance performance is considered unethical and is strictly prohibited in the sports world. It goes back centuries, even in ancient times athletes tried to use treatments that they considered beneficial. Doping might even be connected with the need of society for sports icons and a decline in public interest in sports. Substances and methods are banned when they meet two of the following three criteria: a) enhance performance, b) pose a threat to athlete health and c) violate the spirit of the sport.