

## **The Fundamentals of the Estonian sports policy until 2030**

Adopted on 18.2.2015

**Due to** the need to determine the vision of the Estonian sports policy, a national goal and priority developments,

**given** that sports and exercise are healthy, educational, entertaining and social activities of all demographic and social target groups, diversifying cultural and youth work, increasingly contributing to integration, economic activities and employment,

**emphasising** that these fundamentals of the sports policy serve as the basis for the preparation of all development documents of the sports field, and

**based on** § 20 (1) of the State Budget Act,

the *Riigikogu* decides:

### **I. Estonian sports policy vision and nationwide purpose**

**1.** In 2030, the mental and physical balance and welfare of the Estonian people correspond to the level of Nordic countries and Estonia has a living environment contributing physical activity together with accompanying services that support people's healthy life expectancy and self-fulfilment, as well as economic growth.

**2.** Exercise and sport have a significant and growing role in increasing the vitality of the Estonian people, creating diverse living environment, and designing a good reputation of the Republic of Estonia.

2.1. Vitality is defined as the population health, physical activity and initiative, carrying positive values and the diversity of interests.

2.2. Diverse living environment is defined as service-based entrepreneurial and cultural space related to exercise and sport that is developed in a socially responsible way and can be easily adapted.

2.3. Estonia's good reputation is based on a viable and dignified population, who is living in a safe environment with services corresponding to the era and whose sports activities, sporting achievements and representation are internationally recognised.

## **II. Field development fundamentals and values**

**3.** Exercise and sport are socially and economically important result area with its development being guided by the Government.

**4.** Exercise and sport are based on the following values:

1) fair play – sport functions on the basis of established rules and agreements, requires dignity both in winning and losing, develops team spirit and solidarity;

2) cohesion – sport unites people and organisations; participation in the sports movement, including the Olympic movement, requires and enhances communication between people, as well as a sense of solidarity and cohesion;

3) involvement and openness – the sports organisations follow democratic principles and good governance, operate in a transparent and understandable manner, prevent discrimination, ensure equal treatment of interest groups and stakeholders, promote volunteerism and cultivate tolerance and active citizenship;

4) healthy and active life – exercise and sport improve health and increase the vitality of the population;

5) lifelong self-development – sport develops the skills and habits of physical activity, values both mental as well as physical education, grows the self-development skill and willingness to succeed in life;

6) responsibility – the sports movement participants are responsible for the effective functioning of sports activities and in cooperation with local governments and national institutions for the safety of both the spectators and the environment.

## **III. Priority developments**

**5.** A majority of the population exercises and is engaged in sport.

5.1. Currently, every third person is regularly exercising in Estonia; the aim is to reach to the level of Nordic countries in terms of exercising activity and the number of participants, meaning that at least two-thirds of the population should be occupied with exercise and sport. To this end, suitable conditions must be designed for the needs of different age groups.

5.2. The basics for lifelong exercising and engagement in sport are created in kindergartens and schools by means of age-based and need-based exercise education, teaching the basic skills necessary for life and encouraging to feel joy while participating in sport. Teacher training has been adapted for integrated teaching of exercise and sport.

5.3. People are aware of the effect of exercise and sport on health, related attitudes, knowledge and skills have been acquired in the education system; these are complemented by self-education and campaigns. Regular training sessions are organised for the staff engaged in disciplines influencing exercise and sport. The exercising and sporting habits of the people are being monitored and the results are used in designing activities and policies.

5.4. There is substantive cooperation between various fields in order to contribute to the exercising and sporting habits of the population. Participation in the sports events and need-based medical check is available for all.

5.5. To boost exercise and sporting activities, a support system for recreational activities is developed and introduced for children and young people.

5.6. Exercising sites and areas are considered as an integral part of the public space in designing and planning them. Sports infrastructure must be available to all.

**6.** Exercise and sport is a significant economic branch and employer with a strong organisation.

6.1. Changes in society have influenced the sports management and made sport more service-based. The board basis of the sports movement, diversity and structure of organisations and activities, as well as membership in international cooperation networks create the preconditions for achieving the national goal. The sports organisations offer people high-quality activities and services; the fact that exercising and sports activities are based on services, enhances the economy and increases the employment.

6.2. Economic activities and employment related to exercise and sport will be mapped, measures for estimating the economic impact of sporting services with its results considered in the development and implementation of evidence-based support mechanisms, the development of sporting services and products and the creation of jobs.

6.3. The sports management is based on the cooperation and the division of roles of the sports organisations. The public sector is mainly the creator of the conditions through legislation, support, training, and infrastructure; the sports organisations, however, involve people and organise activities.

6.4. By recognising the role of the sports organisations, their rational development, which ensures diverse activities, is supported and encouraged. Uniform requirements and rules for granting aid are established for the sports organisations, particularly based on good management practices, fair play, and the principles of public benefit.

6.5. The Government and the sports organisations value and encourage dealing with all age groups, involving volunteers, and increasing the competency of other sports specialists.

6.6. The Government and the sports organisations jointly contribute to the training and supplementary training of the people organising exercising and sporting activities and the valuation of related professions.

**7.** Exercise and sport are the carriers of spirit, coherence and positive values.

7.1. Engagement in sports requires the performance of agreed rules, respect towards peers and competitors, and the ability to win honestly and to lose with dignity. Respect towards competitors creates the basis for the development of positive values in society. Sport is an effective educational and inclusion facility, which helps to extend collective action and social integration.

7.2. The principles of Olympism, sports culture and ethics are introduced and taught in schools and sports clubs as an integral part of the study and training process. The heritage of sports history and the example of sports heroes is applied in promoting the values of sport and sports culture.

7.3. Activities that are open to all and attractive, as well as contribute to establishing contacts, despite the social background, age, gender, nationality and physical and mental capability are offered in the organisation of sports activities.

7.4. Volunteering has an important role in the sports culture. To better involve volunteers, a system for their training, motivation and recognition will be created.

7.5. More attention is paid to the promotion of the identity, sense of belonging and behavioural culture of the spectators of the sports events.

7.6. Topics of support include the integration of minorities into society and the involvement of people with special needs through a multitude of sporting options.

7.7. In order to ensure sports ideals, fair competition, the clarity and safety of sport, as well as safe environment, doping, the manipulation of sports results and spectators' violent behaviour are uncompromisingly combated, complying with the relevant international agreements, improving national legal regulations and promoting cooperation both within the country and between countries.

7.8. Safe and age-appropriate sporting conditions are ensured for children and young people.

7.9. The principles of environmental sustainability are followed in the sports organisation and the establishment and modernisation of the sports infrastructure.

7.10. Principles of good governance are followed in the sports organisations.

**8.** Estonia is represented in an effective and dignified way at international level.

8.1. Estonia is known for its sporting achievements. The aim is to keep and increase this reputation through people's participation in sports, national and international achievements, organisation of sports events and representation at international level.

8.2. The priority of the development of achievement sport is regular, diverse and planned training of children and young people in sports clubs and sports schools. Sports training that is instructed by competent coaches is supported by rational linking of sporting options and stimulating and open competition system.

8.3. The Government values targeted sports activities of children and young people and supports this field in a systematic way. Regional and nation-wide study and training centres are created and developed.

8.4. Higher education institutions and power structures create conditions for the excellence-oriented athletes to ensure that they can compete at international level and the implementation of flexible working conditions by the employers is encouraged.

8.5. The goal of the Government and sports organisations is to represent Estonia at international competitions in an effective and dignified way. To this end, the models for financing sport should be developed and the legal space supporting top-class athletes should be improved.

8.6. To ensure the competitiveness of professional sport, the Government and the sports organisations support the research and development activities of the sports field, sports medicine and rehabilitation services and involve the best specialists for this.

8.7. The Government and the sports organisations value the representation of Estonia in international sports movement through competent and active people and work for this in a planned and determined way.

8.8. The organisation of international sports competitions and events in Estonia, influencing the economy and public interest in sports, is of great importance for the Government and the sports organisations; this is carried out in collaboration with tourism, advertising and other businesses and organisations and to this end, the sports infrastructure is modernised.

#### **IV. Reporting**

9. From 2016, the Government of the Republic will annually submit an overview on the implementation of the fundamentals of the sports policy to the *Riigikogu*.

#### **V. Entry into force of Decision**

10. This Decision enters into force upon signature.

Eiki Nestor

President of the *Riigikogu*