

Sport is NOT cancelled (it just looks a bit different)

"Sport is meant to be played, not practiced" Source Unknown

With many organizations and facilities closed or open with restrictions, families and individuals are rediscovering unorganized and self-organized sport. Sandlot, shinny, pickup, play... what ever you call it, it is still sport, and you might like it more than you expect. Finding a balance of all these forms of sport will play a positive role in our lives, our health and our community. You don't always need set teams, spectators, scorekeepers, officials, and rules.

Ideas for unorganized, self-organized and solo sport

- Round up some family, friends and cohorts and head to an open green-space! (play recess soccer, sandlot baseball, touch football, pickup basketball...)
- Take a glove and a ball (doesn't even have to be a baseball) and throw it on the roof and catching it
- Volley tennis balls off a wall
- Put a mini-trampoline against the fence and catch and throw a ball
- Play 500 with a baseball and bat
- Play PIG or HORSE with a basketball
- Play Frisbee
- Grab some neighbors for a game of street hockey
- Test out your shooting accuracy with a hockey stick and target

What to love about Unorganized and Self Organized Sport

- Reduced (or eliminated) cost to participate
- Less pressure for expensive equipment
- Inclusion of all participants
- Provides balance for families
- Develop physical literacy and sport skills
- Participants discover new sports
- Kids learn to negotiate rules and mediate disagreements
- Participants learn to cooperate, form social skills
- Gain new friendships
- Increased time outdoors
- Flexible schedule
- Fun can be had by all.



Follow current health guidelines for physical distancing and hygiene when participating in activity. Current information can be found at www.alberta.ca/coronavirus-info-for-albertans
Refer to the City of Lethbridge website to see what city amenities are open
<https://www.lethbridge.ca/NewsCentre>