

# A PLEDGE

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To activate citizens



*This pledge refers on International and European policy papers as follows: UNESCO International Charter of Physical Education, Physical Activity and Sport; UN 2030 for Sustainable Development; UN Convention on the Rights of Persons with Disabilities; TAFISA Mission 2030; Olympic Agenda 2020; Olympic Agenda 2020+5; WHO Global Action Plan on Physical Activity; WHO Global Recommendations on Physical Activity for Health, WHO Guidelines on Physical Activity and Sedentary Behaviours; Council of Europe European Sport Charter, EU Tartu Call for a Healthy Lifestyle; EU Work Plan for Sport 2017-2020 & 2021-2024; EU Conclusion of the council of the European Union and the Representatives of the Member States meeting within the Council on Access to sport for persons with disabilities; EU Union of Equality: Strategy for the Rights of Persons with Disabilities 2021-2030; EU Physical Activity Guidelines Recommended Policy Action in Support of Health-Enhancing Physical Activity; EU Council Recommendation on Promoting Health-Enhancing Physical Activity Across Sectors*

## BACKGROUND

People and environments are facing immense challenges and threats nowadays: globalisation, rapid unplanned urbanisation, terrorism, oppression, poverty, inequalities, ageing populations, non-communicable diseases, isolation, sedentary behaviours, overweight and obesity, physical inactivity, disparities of opportunity, wealth and power. Societal and environmental changes are putting the future wellbeing, health and prosperity of the next generation at risk.

Sustainable development is unbalanced in its economic, social and environmental dimensions; the future existence of different forms of life on our planet is uncertain. People's lifestyles greatly harm their health and the health of the environment.

Physical inactivity, as a consequence of a changing world, directly impacts global human quality of life, wellbeing, physical and mental health; today, it is the 4th leading risk factor for premature mortality and one of the most important public health problems.

International and European Sport Organisations play a crucial role in creating a better world through Sport for All and can contribute to achieve the objectives of international and European policy papers. International and European Sport Organisations are those who may activate people, and help to reduce physical inactivity, to grow social and cultural responsibility, to empower the respect for environment, and to attain sustainable development.

Immediate and effective (behaviour) changes are required!

## ACKNOWLEDGEMENTS

Sport is - organised and non-organised, competitive and non-competitive, physical play and activity, dance and art, recreation and sport-for-all, traditional and indigenous sports & games - in their diverse forms taking place everywhere (including physical and virtual world) and at any time. Sport, in general, fulfils the basic requirements of movement and creates conditions for human wellbeing, physical and mental health, emotional, cultural and social benefits. Sport at all levels must be inclusive, in order to guarantee equal opportunities and safeguarding involved people without any kind of discrimination, as a fundamental human rights and human dignity. Sport can positively stimulate social and environmental change, by enabling sustainable development and peace.

Sport for All is a fundamental right that can be understood as the universal provision of access to, inspiration to join, and opportunities to participate in casual or organised physical activities. Sport for All is open, inclusive and for everyone regardless of ability, age, ethnicity, gender identity and expression, sexual orientation, culture, language, political, religious or other beliefs, geographical location, national or social origin or property. "All" supposes that as many people as possible should be involved, with special focus on the physically inactive, disadvantaged groups and minorities. It is a vision that can be implemented as a process of social change and planned on a large scale - bringing joy, health, social interaction, creativity, capacity of adaptation, integration and sustainable development to communities and citizens around the globe.

Active & healthy lifestyles bring health, social and psychological benefits, playing an important role in quality of life and well-being. Regular physical activity helps the human body to function optimally and improve its capacity for physical efforts, contributes positive effects on mental health development and cognitive processes, reduces / prevents risks of non-communicable diseases and extends life expectancy.

## DECLARATION

The Signatories understand & acknowledge the impact of a changing world on people's daily lives, and its important role in fostering effective and positive impacts on human quality of life and on sustainable development. Therefore the Signatories will, on a good governance principle, contribute to the objectives of key European and International policy papers, and especially will strive to create opportunities and easy, safe & inclusive access to participation in Sport for All, health-enhancing physical activity & physical education at all levels.

The Signatories will take notice, take responsibility, take action, and, through Sport for All, commit to creating a better world for the next generation, by:

- Sharing: what is successful in one club, school, community or country should be available to others;
- Supporting: question not 'what is in it for us', but 'what we can do for others', and establish the exchange of experience between lesser and more developed states and countries;
- Acting: the time for talk is over. Lead by efficient and effective example. Act with integrity.

The Signatories will therefore strive to:

- Integrate Sport for All as part of elite and major sport events, as well as their legacy;
- Strengthen partnerships with national and local hosts to foster local Sport for All approaches;
- Adapt sports and disciplines to the needs of diverse target groups. This can be done through the modification of rules, equipment, environment and teaching styles;
- Team up with other International and European Sport Organisations and share your knowledge, experience, expertise and resources to promote Sport for All;
- Provide frameworks, support and assistance to national and local members, helping them develop Sport for All initiatives

You are an International or European Sport Organisation and are interested in signing the INTERACT Pledge?  
Contact us at: [contact@interact-sport.com](mailto:contact@interact-sport.com).

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