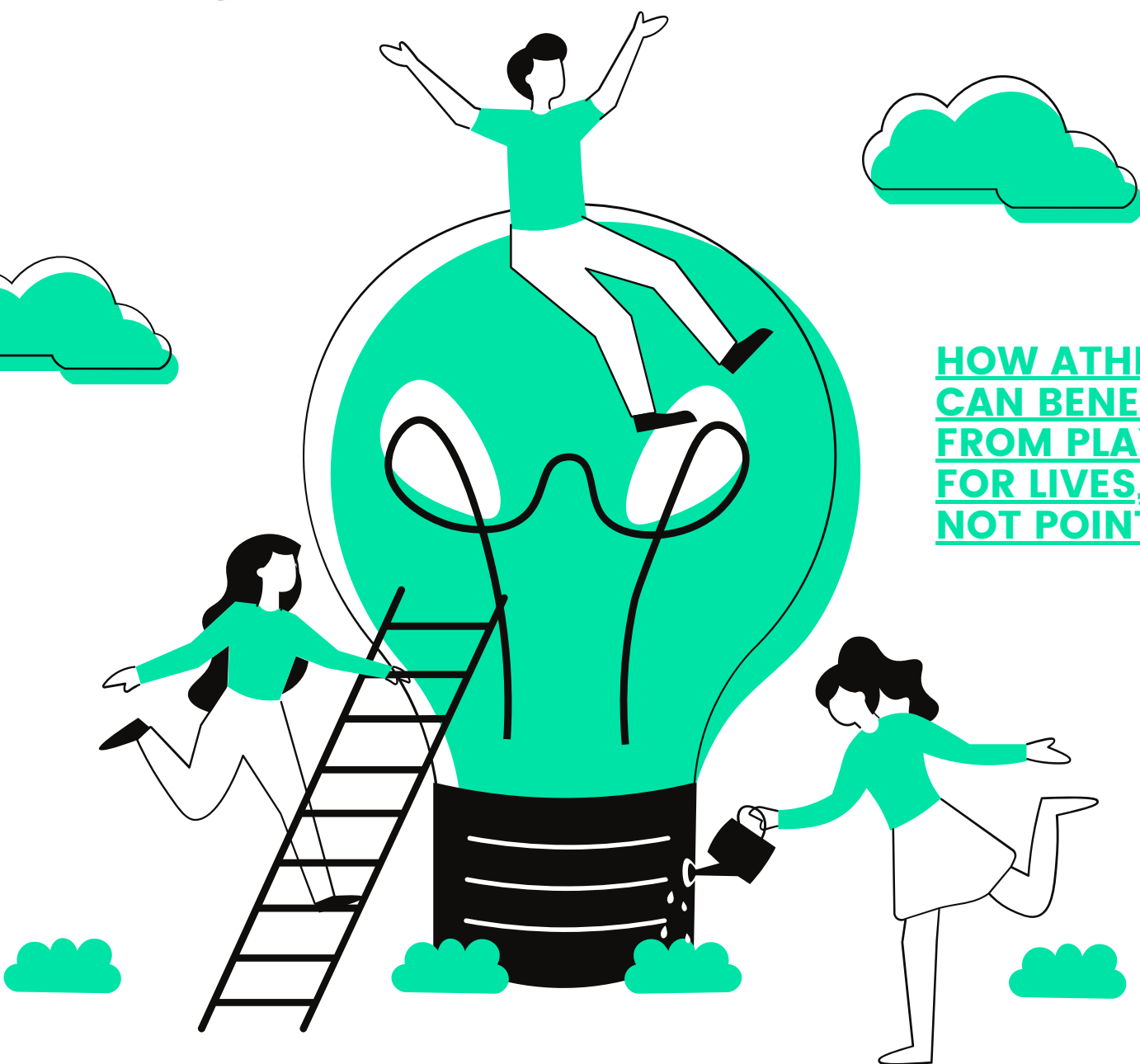


PLAY FOR LIVES

ATHLETE
TOOLKIT



HOW ATHLETES
CAN BENEFIT
FROM PLAYING
FOR LIVES,
NOT POINTS.

#PLAYFORLIVES CAMPAIGN PARTNERS

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playforlives.org



WHILE WE CAN'T PLAY FOR POINTS DURING THE COVID-19 POSTPONEMENT OF SPORT, WE'LL PLAY FOR LIVES.

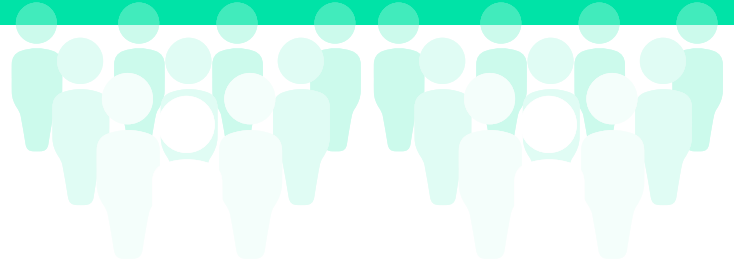
A SPORTING COALITION FOR HUMANITY AT A TIME WHEN THE NEED FOR COMPASSION AND COMMUNITY SUPPORT HAS NEVER BEEN GREATER

THERE'S A VOLUNTEER CRISIS

Charities in Australia are in desperate need for more volunteers, for both online and offline activities!

The Play For Lives campaign connects people from sport with charities using a fantastic online platform that enables volunteers to create a profile and charities to list their volunteer requirements ... and for everyone to connect!

Athletes have so much to offer and gain from getting involved, and this toolkit shows you the benefits of getting involved and how to identify the right opportunities for you.



WHY ATHLETES ARE SO VALUABLE

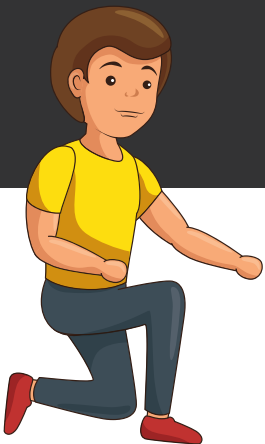
Whether you're elite, professional or just do sport for fun, you have so much to offer these charities and the people (and animals!) they support.

Every athlete can get involved and we encourage you to encourage your friends and teammates to get active in Play For Lives too!

TYPES OF VOLUNTEER ROLES

By getting active in Play For Lives, you can choose from online or in person opportunities, including things like:

- Online counselling
- Inspirational video calls with kids experiencing illness
- Packing food parcels for the homeless
- Driving cancer patients to chemotherapy sessions
- Online graphic design and marketing tasks
- Using your creative skills such as music or dance
- Plus SO many more amazing and diverse opportunities



HOW TO GET ACTIVE

Use this toolkit to figure out what volunteering can look like for you ... and then jump on www.playforlives.org to create your profile and start looking for the perfect volunteer opportunities for you!



THE BENEFITS

SPORTS ORGANISATIONS AND INDIVIDUALS INVOLVED IN PLAY FOR LIVES WILL BENEFIT IN SO MANY WAYS. FOR ATHLETES, YOU MAY LIKE TO SHARE THIS WITH YOUR SPORTS ORGANISATION AND GET THEM INVOLVED TOO!

SPORTS ORGANISATIONS AND CLUBS

- Keep your people engaged and involved in positive activities
- Stay active and connected with your community
- Involve your sponsors and partners to keep your relationships active
- Communicate your brand and values
- Stay active online and in the media with meaningful content
- Build your network and grow your profile
- Grow and measure your social impact

ATHLETES, STAFF, MEMBERS AND VOLUNTEERS

- Connect with other people, avoid feeling isolated, increase your social and relationship skills
- Volunteering helps you feel happier, reduces feelings of stress, and gives a sense of purpose
- Professional development through practising or learning skills, and gaining practical experience

FOR ATHLETES, THE CIRCLED BENEFITS ALSO APPLY TO YOU!

BY CONSIDERING YOUR GOALS AND INTERESTS, YOU WILL BE ABLE TO CHOOSE THE RIGHT OPPORTUNITIES FOR YOU, AND ENSURE THAT YOU ARE THE RIGHT PERSON FOR THE ROLE. HERE ARE SOME CONSIDERATIONS FOR YOU TO GET STARTED:

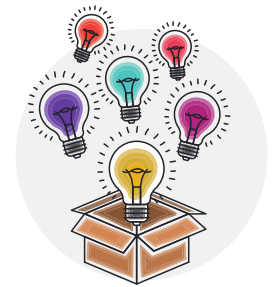
KNOWING YOUR WHY



TO CONTRIBUTE TO
THE COMMUNITY
WHERE I LIVE



TO SUPPORT A
CAUSE THAT I
CARE ABOUT



TO TRY
SOMETHING NEW



TO SEE A DIFFERENT
WAY OF LIFE



TO MEET PEOPLE
WHO ARE DIFFERENT
THAN ME



TO MAKE A
DIFFERENCE
IN THE WORLD



TO HAVE A GO AT
THE TYPE OF WORK I
MIGHT WANT AS A
FULL-TIME JOB



TO SHARE
SOMETHING I'M
GOOD AT



TO DO MORE WITH
MY INTERESTS AND
HOBBIES

CHOOSING A VOLUNTEER ROLE

THERE ARE SO MANY OPPORTUNITIES TO CHOOSE FROM, SO THESE CONSIDERATIONS WILL HELP YOU NARROW DOWN THE RIGHT ONES FOR YOU!

BY CHOOSING THE RIGHT OPPORTUNITIES YOU WILL MAKE SURE THAT YOU'RE ABLE TO FULFIL THE ROLE AS WELL AS BENEFIT FROM IT IN WAYS THAT REALLY WORK FOR YOU.

Location

Would you like to work on the ground in-person or remotely from home or both?



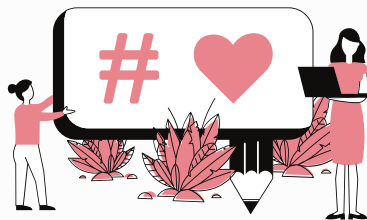
Team or Solo

Do you prefer to work alone or as part of a team?



Causes

What causes are important to you?



Who

Would you like to work with adults, children, animals etc.



Development

What skills, experiences and environments would you like to gain more experience and insight into?



Visibility

Are you better behind the scenes or do you prefer to take a more visible role?



Time

Have a think about how much time you're able to commit.



Skills and Knowledge

What skills and knowledge can you bring to a volunteer role?



TIPS TO GET THE MOST FROM VOLUNTEERING

1

ASK QUESTIONS AND GET TO KNOW ABOUT THE OPPORTUNITY AND THE ORGANISATION

MAKE SURE YOU KNOW WHAT'S EXPECTED AND THAT YOU CAN FULFIL THE ROLE

2

SCHEDULE YOUR VOLUNTEERING ACTIVITIES SO YOU CAN MANAGE YOUR TIME

3

DON'T BE AFRAID TO MAKE A CHANGE IF IT'S NOT WORKING FOR YOU, AND BE OPEN TO TRYING MORE THAN ONE ROLE!

4

HAVE FUN AND BE PROUD OF YOURSELF!

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