Rule-Breaking Pressure Response Plan

Name the actual prohibited request, refuse without joining the argument, and use the program's appropriate support or reporting route.

Use directly observed facts rather than a teammate's assumed motive.

Example: A teammate pressures an athlete to change a result. The athlete states that the actual result will be recorded, uses the approved coach contact, and reports the exact request without claiming a motive or conducting an investigation.

01 Describe the pressure

Use directly observed facts rather than a teammate's assumed motive.

Actual request or words heard

Known rule or truthful duty

Rule uncertainty to clarify

Own participation to report honestly

02 Prepare the words

A refusal should name the act without provoking a character argument.

Short refusal sentence

Permissible action to choose

Argument the athlete need not join

Limit of what the child can handle alone

Rule-Breaking Pressure Response Plan / Review & follow-through

03 Find appropriate support

Use actual program routes and supervision requirements.

Trusted authorized adult

Approved place or contact route

Urgent concern requiring immediate response

Facts to tell the responsible adult

04 Repair and review

A correction belongs in the appropriate process, not merely in an apology.

Own action requiring correction

Authorized correction instruction

Actual correction status

Next response to practice