

Canadian Sport Culture

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IMAGINE...

- You are a jockey riding the horse “Creator” in one of the most important horseraces of your career....(Belmont Stakes, part of Triple Crown; 2-2:50)
- <https://www.youtube.com/watch?v=80p88TDhEr4>
stop at 2:40.



DISCUSS...



<http://www.nydailynews.com/sports/more-sports/creator-beats-destin-wild-photo-finish-belmont-stakes-article-1.2670059>

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QUESTION:

Did Creator's jockey need to whip the horse to win?



**Researchers
have known
this since
2011!!**

In fact, “A horse's performance before the final 400 meters, when it wasn't being whipped, was the strongest predictor of its racing success... *highest speeds in these horses were achieved when they weren't being whipped.*” (2011)

<https://www.cbsnews.com/news/study-whipping-doesnt-make-horses-race-faster/>



Culture in Horse Racing

- UNQUESTIONED BELIEFS: “many of the nation's jockeys, trainers and horse owners ‘scoffed’[laughed] at the research.”
- PERCEPTIONS OF FAIRNESS: If a jockey is not whipping the horse they may be perceived as not trying to win.
- JOCKIES PROVING THEIR WORTH?



**DO WE HAVE SIMILAR UNQUESTIONED
BELIEFS or JUSTIFICATIONS
SURROUNDING LEADERSHIP/
COACHING?**



Benefits of Participating in Sport?¹



Photo: Trevor MacMillan/HFX WanderersFC

- Physical Fitness
- Enjoyment
- Social Engagement
- Team Building
- Sense of Achievement
- Quality of Life
- Mental Health

Photo From: <https://www.familyfuncanada.com/halifax/halifax-wanderers-fc/>

¹Statistics Canada. (2011). Benefits of Sports. Statistics Canada. <https://www150.statcan.gc.ca/n1/pub/81-595-m/2008060/s12-eng.htm>



Justifications for Toxic Lead. in Sport

Moral Justification

“If I don’t yell at my players, the entire team will suffer/lose”

Backhand Apology

“Sorry, but you players need to get the fundamentals correct”

Advantageous comparison

“What I do as a coach is no where near as bad as other coaches”

Escalation

“If you do not like the way I do things, you can leave the team”

Minimizing Harm

“Jake has been with my team three years, and he is okay”

Diffusion of responsibility

“it’s not my responsibility to babysit, just to win”

Accepted Practice

“It’s competition, it’s tough, It’s sport”



Masculinity Contest Cultures in Sport

A systematic review revealed four masculinity contest culture dimensions:

- (1) *Show No Weakness* (a norm of avoiding the display of “soft” emotions, admitting lack of knowledge about something, or displaying lack of confidence).
- (2) *Strength and Stamina* (valorizing physical strength and stamina, associating strength with status).
- (3) *Put Work First* (pressure to work long hours and not let outside obligations interfere with work).
- (4) *Dog-Eat-Dog Competition* (Winning at all cost; a hypercompetitive environment in which others are not trusted).



‘Maltreatment’ in Sport

“includes all types of physical and/or emotional ill-treatment, sexual abuse, neglect, negligence and commercial or other exploitation, which results in actual or potential harm to the child’s health, survival, development or dignity in the context of a relationship of responsibility, trust or power” (World Health Organization, 2020)²

Types of Abuse or Maltreatment in Sport^{3,4}

- Physical
- Emotional/Psychological
- Sexual
- Neglect
- Harassment
- Bullying
- Hazing

²World Health Organization. (2020). Child Maltreatment. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/child-maltreatment>

³Kerr, G., Willson, E., & Stirling, A. (2019). Prevalence of maltreatment among current and former national team athletes. Partnership with AthletesCAN, 1-51.

⁴Mountjoy, M., Brackenridge, C., Arrington, M., Blauwet, C., Carska-Sheppard, A., Fasting, K., ... & Budgett, R. (2016). International Olympic Committee consensus statement: harassment and abuse (non-accidental violence) in sport. *British Journal of Sports Medicine*, 50(17), 1019-1029.



| | Reporting At Least One Experience |
|--|--------------------------------------|
| Neglect | |
| Training when injured/exhausted | 30.1 |
| Sacrificed career/education | 27.7 |
| Felt generally ignored | 23.2 |
| Trained/competed in unsafe conditions | 15.2 |
| Inadequate attention to psychological readiness in trying new skills | 9.8 |
| Inadequate support of basic needs | 8.9 |
| Inappropriately left alone with no care | 6.7 |
| Psychological harm | |
| Shouted at in an angry or critical manner | 33.3 |
| People have gossiped or told lies about you | 30.1 |
| Put down, embarrassed, or humiliated | 27.9 |
| Intentionally ignored in response to poor performance | 27.6 |
| Criticized as a person for subpar performance | 23.9 |
| Removed (or threats of removal) from practice or team | 20.1 |
| Negatively criticized about your body or weight | 19.8 |
| Called names or otherwise offended | 17.3 |
| Sworn/cursed at for not performing well | 16.1 |
| Sexual harm | |
| Sexist jokes/remarks | 14.9 |
| Intrusive sexual glances | 9.2 |
| Sexually inappropriate touching | 4 |
| Sexually explicit communication | 4 |
| Someone has tried to have sex with you against your will | 3.2 |
| Someone has exposed him/herself to you | 2.8 |
| Sex with penetration against your will | 1.6 |
| Made to kiss someone against your will | 1.4 |
| Asked to undress, assume a sexually explicit pose | 1.3 |
| Physical harm | |
| Punished with excessive exercise | 12.9 |
| Slapped/hit with an open hand | 1.4 |
| Hit with an object | 1.4 |
| Forced to the ground/knocked down | 1 |
| Punched/hit with a fist | 0.4 |



Effects of Maltreatment on Health

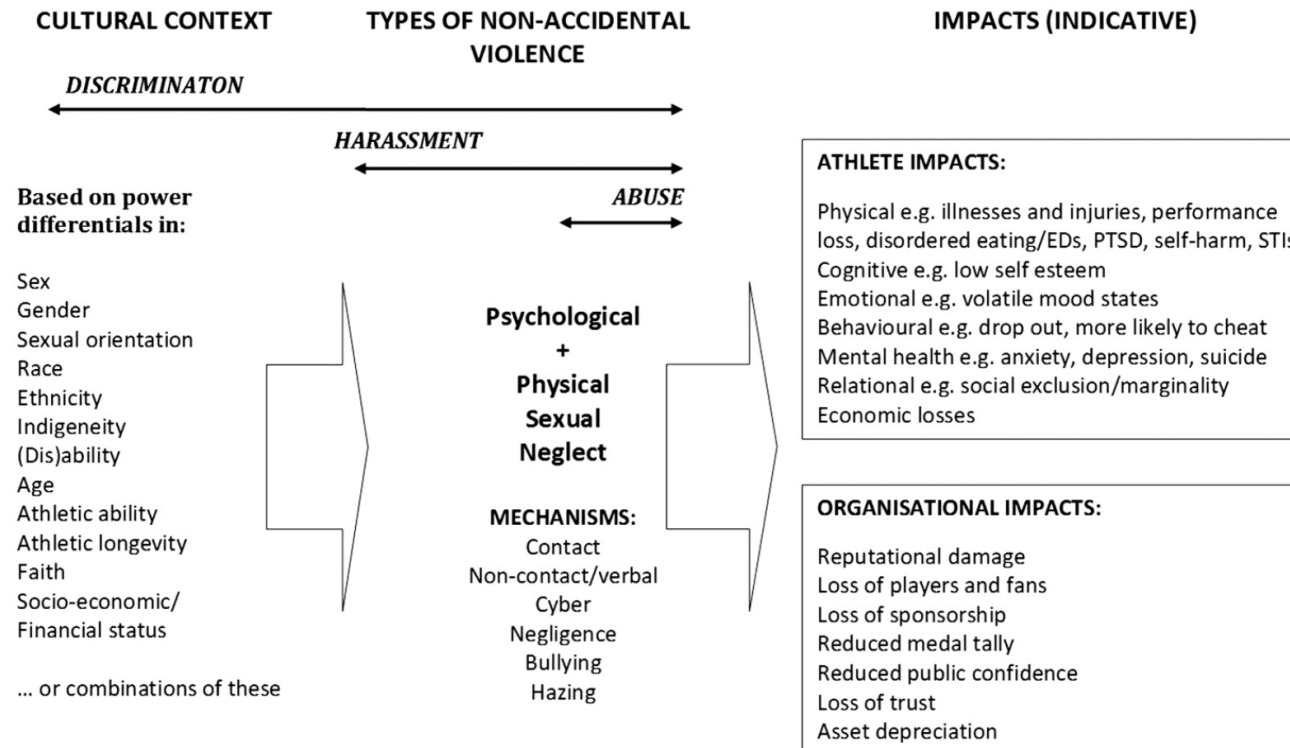


Figure 1 Conceptual model of harassment and abuse in sport showing cultural context, types of non-accidental violence, mechanisms and impacts. ED, eating disorders; PTSD, post traumatic stress disorder; STI, sexually transmitted infections.

Figure derived from: ⁴Mountjoy, M., Brackenridge, C., Arrington, M., Blauwet, C., Carska-Sheppard, A., Fasting, K. & Budgett, R. (2016). International Olympic Committee consensus statement: harassment and abuse (non-accidental violence) in sport. *British Journal of Sports Medicine*, 50(17), 1019-1029.



Effects of Maltreatment on Mental Health⁵

- Psychosomatic illness
- Disordered eating
- Anxiety and depression
- Substance misuse
- Suicidal thoughts and self-harm
- Low self-esteem
- Poor body image
- Sport drop-out

Citation: ⁵Mountjoy, M. & Edwards, C. (2022). Athlete Mental Health Impacts of Harassment and Abuse in Sport. In Reardon, CL (Ed)., *Mental Health for Elite Athletes* (p.153-164), Springer.



Coach Behaviour

Toxic Leadership

- Insular (uninterested in other cultures, ideas, or people)
- Intemperate (lack of self-control)
- Glib (insincere/shallow)
- Operationally rigid (unwilling to compromise)
- Callous (insensitive/cruel)
- Inept (little skill)
- Discriminatory (unjust or prejudicial re: ethnicity, sex, age, disability)
- Corrupt (willing to act dishonestly in return for personal gain)
- Aggressive (likely to attack or confront)