

Vantaan kaupungin julkilausuma lasten urheilun toimintakulttuurista

Vantaan kaupunki tunnistaa vastuunsa olla mukana kehittämässä lasten urheilun uutta suuntaa Suomessa, jota valmistelee Olympiakomitea yhdessä lajiliittojen kanssa. Yhteisenä tavoitteena on lisätä lasten monipuolista, fyysistä aktiivisuutta, poistaa esteitä usean lajin samanaikaisesta harrastamisesta, hillitä harrastamisen kustannuksia ja kehittää lasten urheilun monipuolista valmennusosaamista ja sen arvostusta.

Vantaan kaupunki ottaa omalla julkilausumallaan kantaa lasten urheilua järjestävien toimijoiden toimintakulttuurin muutokseen. Lasten urheilun toimintakulttuurin muutoksella on tarkoitus ohjata toimintaympäristön urheilutoiminnan kehittymistä, varmistaa lasten oikeuksien toteutuminen, edistää turvallista, tasa-arvoista ja kehittävää liikuntakulttuuria. Tavoitteena on lisäksi minimoida lapsiin kohdistuvaa, aikuisten aiheuttamaa, ulkoista kilpailupainetta.

Julkilausuman valmistelun taustana on mm. huoli lasten ja nuorten liian vähäisestä fyysisestä aktiivisuudesta, liian yksipuolisesta harjoittelusta sekä liikuntaharrastuksen varhaisesta lopettamisesta seuratoiminnassa (drop out –ilmiö). Seurauksena lapselle ei muodostu liikunnallista elämäntapaa, joka tutkitusti rakentaa kestävämpää pohjaa sekä kansanterveydelle että tulevaisuuden huippu-urheilulle. Julkilausuman taustalla on laaja semi-systemaattinen kirjallisuuskatsaus, jossa on hyödynnetty kansainvälisiä tieteellisiä julkaisuja.

Julkilausuma ottaa kantaa alle 13-vuotiaiden urheiluun, jossa tavoitteena tulee olla monipuoliseen liikkumiseen innostaminen, taitojen kehittäminen, elämysten ja kokemusten saaminen sekä osallisuuden ylläpitäminen tai lisääminen.

Tulevaisuudessa Vantaan kaupunki suuntaa liikunta-avustuksia ja resurssien ohjausta yhä vahvemmin toimintaan, joka toteuttaa seuraavia, lapsen etua ja kehitystä edistäviä päämääriä. Vuoden 2027 aikana laaditaan yksityiskohtaiset toimenpiteet, joiden noudattamista tullaan jatkossa siirtymäajan jälkeen edellyttämään ja valvomaan lasten urheilun toimintaa järjestäviltä toimijoilta, jotka saavat toimintaansa Vantaan kaupungin avustuksia. Lasten urheiluun liittyvät, yksityiskohtaiset toimenpiteet, joilla arvioidaan lapsen edun ja lapsen kehitystä edistävien päämäärien toteutumista, tulevat voimaan vuoden 2029 alusta.

1. Turvallinen ja terveellinen toimintaympäristö

Psyykkinen ja emotionaalinen turvallisuus. Jokaisella lapsella on oikeus osallistua toimintaan, joka on fyysisesti, psyykkisesti ja emotionaalisesti turvallista. Toiminta vahvistaa myönteistä liikuntasuhdetta ja ehkäisee epäasiallista kohtelua sekä ulkopuolelle jäämistä.

Vastuunjako, ilmoituskanavat ja koulutus. Vastuut, roolit ja puuttumisen käytännöt on määritelty selkeästi, ja huoliin reagoidaan varhain ja johdonmukaisesti. Matalan kynnyksen ilmoituskanavat ja valmentajien osaamisen vahvistaminen ovat turvallisen toimintakulttuurin perusta.

Lapsen osallistaminen ja kuuleminen. Lasta kuullaan ja hänellä on mahdollisuus vaikuttaa omaan harrastamiseensa, mikä vahvistaa motivaatiota, sitoutumista ja merkityksellisyyden tunnetta. Lapsen näkökulman huomioiminen auttaa tunnistamaan tilanteet, joissa kuormitus tai odotukset eivät ole lapsen edun mukaisia.

Terveys, kuormitus ja vammojen ennaltaehkäisy. Tavoitteena on kestävä liikuntasuhteen muodostuminen, jossa kehittyminen, ilo, turvallisuus ja hyvinvointi vahvistavat toisiaan. Monipuolinen harjoittelu ja riittävä palautuminen ennaltaehkäisevät vammoja ja pienentävät loppuunpalamisen riskiä.

2. Lapsen oikeus liikkua monipuolisesti

Vapaa-ajan liikkuminen

Lapsen liikkuminen koostuu sekä ohjatusta että omaehtoisesta liikkumisesta, jotka molemmat tukevat aikuisiän fyysistä aktiivisuutta. Seuratoiminta tukee ja kannustaa omaehtoiseen liikkumiseen, leikkimiseen ja kisailuun.

Monilajinen seuraharrastaminen

Kannustetaan lajien monipuoliseen harrastamiseen ja myöhäistetään yhteen lajiin erikoistumista. Monilajinen harrastuspolku lapsena on tutkimusten mukaan yhteydessä myös aikuisiän urheilumenestykseen.

Monilajisuuden polut

Monilajisuus voi toteutua usean lajin rinnakkaisena harrastamisena, lajien vaihtamisena tai lajin sisäisenä monipuolisuutena. Olennaista on antaa lapselle tilaa löytää oma polkunsä liikkua ja harrastaa.

Oma taitotaso

Jokaisella lapsella on oikeus liikkua ja kehittyä omalla, sen hetkellä taitotasollaan. Joustavat ja muokattavissa olevat ryhmäjaot ja harjoitteet tukevat jokaisen yksilöllistä edistymistä ja mahdollistavat lapselle oppimiskokemuksia. Näin myös ylläpidetään pätevyyden ja osallisuuden kokemuksia.

3. Liikkumisen ilo

Onnistumisen elämykset

Onnistumisen elämykset ovat kestävän ja positiivisen liikuntasuhteen perusta. Kokemukset liikuntaharrastuksissa ja lasten välisissä kilpailutilanteissa antavat lapselle tilaisuuden oppia käsittelemään onnistumisia ja epäonnistumisia turvallisesti.

Sisäinen motivaatio

Liikkumisen ilo syntyy lapsen sisäisestä motivaatiosta, jota tukevat autonomian ja pätevyyden kokemukset, toiminnasta nauttiminen ja vahvat sosiaaliset suhteet. Sisäinen motivaatio asetetaan aina ulkoisen paineen edelle.

Myönteinen ja kannustava toimintaympäristö rakentuu yhdessä valmentajien, vertaisten ja vanhempien kanssa. Tällä on vahva yhteys yhteenkuuluvuuden kokemukseen ja harrastamisen jatkuvuuteen.

4. Tasavertaiset mahdollisuudet

Kustannusten hallinta ja paikallisuus

Tavoitteena on kohtuullisin kustannuksin toteutettava, paikallinen toiminta, joka mahdollistaa osallistumisen mahdollisimman monelle perheen taustasta ja tilanteesta riippumatta. Paikallisuus vähentää perheiden kuormitusta ja kustannuksia, sekä tukee harrastuksen yhdenvertaista saavutettavuutta.

Biologinen kypsyys ja varhaisen karsinnan välttäminen

Toiminnassa huomioidaan lasten erilainen biologinen kypsyminen ja vältetään varhaista karsintaa, sillä varhainen karsinta ei huomioi riittävästi myöhemmin kehittyviä lapsia. Näin varmistetaan yhdenvertaisuuden toteutumien lasten urheilussa.

Lahjakkuuden moninainen kehityspolku

Lahjakkuuden kehittyminen on dynaaminen ja moninainen prosessi, jota ei voida luotettavasti ennustaa varhain. Laajan osallistumispohjan mahdollistaminen ja ylläpitäminen sekä erilaisten kehityspolkujen hyväksyminen vähentää lasten drop out- ilmiötä, joka osaltaan mahdollistaa lahjakkuuden havaitsemisen myöhemmin. Tämä luo vahvan pohjan liikunnallisen elämäntavan juurruttamiselle ja tutkimusten mukaan myös vakaan pohjan aikuisiän urheilumenestykselle.

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