skateboarding.nz

Wellbeing Framework

October 2026

Purpose

Skateboarding New Zealand (SBNZ) is committed to creating, fostering and promoting environments where every participant can thrive physically, mentally, emotionally, socially, spiritually and culturally.

We recognise that wellbeing is fundamental to participation, performance, safety, enjoyment and lifelong involvement in skateboarding.

Whether someone is stepping onto a skateboard for the first time within the community, are an avid New Zealand skateboarder, a person volunteering at a local event, coaching, officiating or representing New Zealand internationally, their wellbeing is central to a positive experience.

This framework provides the principles that guide Skateboarding New Zealand's commitment to supporting the wellbeing of everyone involved in skateboarding in Aotearoa.

Our Commitment

Skateboarding New Zealand is committed to fostering a skateboarding community where everyone feels safe, respected, included and supported.

We believe:

- Wellbeing is everybody's responsibility.
- Safe and positive environments enable people to learn, grow and perform at their best.
- Diversity strengthens skateboarding and everyone deserves equitable opportunities to participate.
- Positive relationships are the heart of strong communities.
- Seeking support is a sign of strength and should always be encouraged.
- Every participant deserves to be treated with dignity, fairness and respect.

Te Tiriti o Waitangi and Te Ao Māori

Skateboarding New Zealand recognises the significance of Te Tiriti o Waitangi and is committed to giving effect to its principles of partnership, participation and protection throughout our governance, programmes and relationships.

Our approach to wellbeing is informed by Te Whare Tapa Whā, a holistic model of wellbeing developed by Sir Mason Durie. It recognises that wellbeing is

interconnected and strengthened when physical, mental and emotional, social and spiritual dimensions are nurtured together. This framework provides a holistic approach to wellbeing for everyone involved in skateboarding across Aotearoa New Zealand. It recognises the value of Māori perspectives on wellbeing and the contribution of Te Ao Māori to fostering inclusive, culturally responsive environments where all participants can belong, contribute and thrive.

Skateboarding New Zealand is committed to fostering a wellbeing approach that reflects the diversity of Aotearoa New Zealand and creates positive outcomes for everyone involved in skateboarding.

We will do this by:

- Recognising Te Tiriti o Waitangi and the value of Te Ao Māori in informing our approach to wellbeing.
- Creating culturally safe, welcoming and inclusive environments for all participants. Respecting and celebrating the diverse cultures, identities and lived experiences within the skateboarding community.
- Encouraging opportunities to learn about and incorporate te reo Māori, tikanga Māori and mātauranga Māori where appropriate.
- Building respectful relationships and partnerships that strengthen participation, belonging and wellbeing across the skateboarding community.
- Supporting equitable opportunities for participation, leadership and development across all levels of skateboarding.

Our Wellbeing Framework

Our wellbeing framework is guided by Te Whare Tapa Whā, recognising that each aspect of wellbeing is interconnected. Just as each wall supports a wharenui, every dimension contributes to a healthy and thriving skateboarding community.

Taha Tinana – Physical Wellbeing

Physical wellbeing supports safe participation and lifelong enjoyment of skateboarding.

Skateboarding New Zealand will:

- Promote injury prevention and safe skateboarding practices.
- Encourage warm-up, recovery and physical preparation.
- Support healthy nutrition, hydration and sleep habits.
- Promote long-term athlete development.

- Encourage participants to seek appropriate medical support when required.
- Encourage participants to listen to and care for their bodies.

Taha Hinengaro – Mental and Emotional Wellbeing

Mental wellbeing is essential for learning, confidence, performance and resilience.

Skateboarding New Zealand will:

- Promote positive mental health and psychological safety.
- Encourage help-seeking behaviours.
- Reduce stigma surrounding mental health.
- Support healthy coping strategies during injury, setbacks and life challenges.
- Provide appropriate referral pathways where additional support is required.
- Encourage open and respectful conversations around wellbeing.

Taha Whānau – Connection and Belonging

Skateboarding is more than a sport, it is a community.

We are committed to fostering environments where everyone experiences:

- Whanaungatanga - through meaningful relationships
- Manaakitanga - through kindness, care and respect
- Kotahitanga - through collaboration and shared purpose
- Opportunities to mentor and support others
- A genuine sense of belonging regardless of background or ability.

Strong relationships create safer environments, stronger communities and lifelong participation.

Taha Wairua – Identity, Purpose and Culture

Wellbeing includes having a sense of identity, purpose and connection.

Skateboarding provides opportunities for:

- Creativity and self-expression
- Confidence and self-belief
- Personal growth and resilience
- Connection with culture and community
- Leadership and giving back to others.

Skateboarding New Zealand values the diverse cultures, identities and lived experiences that strengthen our community.

Supporting Pillars

Safe, Inclusive and Respectful Environments Everyone has the right to participate in environments free from discrimination, bullying, harassment and abuse.

Skateboarding New Zealand will:

- Promote diversity, equity and inclusion
- Celebrate the diversity of our skateboarding community
- Create culturally safe environments
- Ensure participants are treated with dignity and respect
- Support equitable opportunities for participation and leadership
- Maintain a zero-tolerance approach to discrimination and abuse.

Athlete, Coach and Workforce Wellbeing

Healthy people create healthy environments.
Skateboarding New Zealand will:

- Support the wellbeing of athletes, coaches, officials, volunteers and staff
- Encourage healthy workloads and work-life balance
- Recognise and respond to burnout risks
- Promote ongoing wellbeing education
- Encourage reflective leadership and positive role modelling

Safeguarding and Protection

The safety of children, young people and vulnerable participants is paramount.

Skateboarding New Zealand will:

- Maintain robust safeguarding policies
- Provide safe and confidential reporting pathways
- Respond appropriately to wellbeing concerns and disclosures
- Meet all legal and ethical obligations
- Promote safe sport principles across all programmes and events

Responsibilities

Skateboarding New Zealand Board

The Board will:

- Champion wellbeing as a strategic priority

- Ensure wellbeing is considered in governance and decision-making
- Allocate appropriate resources to wellbeing initiatives
- Review this framework regularly

Staff, Contractors and Volunteers

Will:

- Model respectful behaviour
- Contribute to safe environments
- Recognise wellbeing concerns
- Seek guidance when appropriate
- Follow safeguarding and wellbeing procedures.

Coaches and Officials

Will:

- Prioritise participant wellbeing alongside performance
- Build positive relationships
- Promote inclusive coaching environments
- Encourage healthy behaviours
- Respond appropriately to wellbeing concerns.

Participants

Are encouraged to:

- Respect others
- Contribute positively to skateboarding culture
- Seek support when needed
- Support fellow participants
- Report concerns that may impact safety or wellbeing.

Parents and Caregivers

Play an important role by:

- Supporting positive participation experiences
- Encouraging healthy attitudes towards sport
- Working collaboratively with coaches and organisations
- Helping young people feel safe, confident and connected.

Recognising Wellbeing Concerns

Wellbeing concerns may include:

- Significant changes in behaviour or mood
- Persistent emotional distress
- Social withdrawal
- Bullying or harassment
- Burnout
- Disordered eating
- Substance misuse
- Safeguarding concerns
- Self-harm or thoughts of suicide
- Family violence or abuse.

Where concerns arise, participants should be supported with empathy, listened to respectfully and connected with appropriate services in accordance with Skateboarding New Zealand safeguarding procedures.

Building a Positive Skateboarding Culture

Skateboarding has a unique ability to strengthen wellbeing by encouraging:

- Resilience through perseverance
- Confidence through progression
- Creativity and self-expression
- Leadership and mentoring
- Friendship and belonging
- Connection and community across generations
- Healthy lifestyles
- Community participation.

These qualities are central to Skateboarding New Zealand's vision for the future of our sport.

Review

This framework will be reviewed every three years, or earlier where legislation, best practice or organisational priorities require.

Vision

To create a skateboarding community where every person feels safe, connected, respected and empowered to thrive.

Our Values

Manaakitanga – We care for one another.
Whanaungatanga – We build meaningful relationships.
Kotahitanga – We work together to strengthen our community.
Rangatiratanga – We encourage leadership, responsibility and self-determination.
Kaitiakitanga – We care for our people, our places and the future of skateboarding in Aotearoa.