

A photograph of two men standing outdoors on a stone staircase. The man on the left, wearing an orange long-sleeved shirt, is holding a white and black soccer ball. The man on the right, wearing a light blue denim jacket, is holding a tablet computer and pointing at the screen. Both men are smiling and appear to be engaged in a conversation about the content on the tablet. The background consists of grey stone steps.

# SPORTS BETTING

gAp

Gambling  
Awareness  
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# CONSIDERATIONS FOR SPORTS BETTING

## DYNAMIC ODDS

These odds make sports betting hard to predict. Odds frequently fluctuate as player favourites, teams, and underdogs will always change. Odds do not stay consistent in sports as there are many influencing factors unlike standard casino games. This is part of the appeal for many people but creates very high-risk environments for wagers.

## HOUSE ADVANTAGE

Many people are unaware of the house advantage in sports betting. There are often administration fees or certain buy-ins when you place a bet on sports, allowing the gaming authority to have an advantage over you. The house advantage in sports betting will often have a high degree of variance and fixed odds games typically favour the bookie over the bettor.

## INTENTIONS

People may become more invested in games and easily upset when there is money on the line. This may cause people to switch their intentions and become more focused on winning a bet than watching a game they enjoy.

## SET LIMITS

The prevalence of online gambling websites and apps makes gambling easy to access all the time. It's important to create boundaries with yourself and set both money and time limits.

## AVOID MORE BETTING

Don't chase losses or try to control game play by making more bets (like frequent microtransactions) as it will likely cost you more money.

Sports betting is becoming an increasingly popular form of gambling across Canada and is available on more platforms than ever. In 2021, federal legislation was changed to allow for single event sports betting, further expanding sports gambling opportunities. This is resulting in higher rates of sports gambling across all demographics, and although gambling can be a fun and enjoyable activity, it comes with risk.

## GAME OF SKILL OR GAME OF CHANCE?

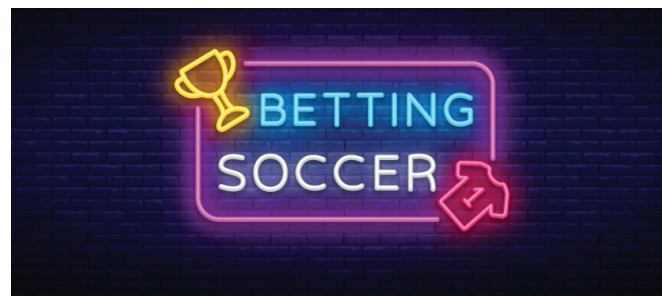
Many people believe that sports betting is different from conventional forms of gambling (slots and lottery) and frequently refer to this form of gambling as a "game of skill." Some may believe the more information they have about a sport or a team, the better their understanding is at making these types of bets.

While more information about sports might help you understand the game better, it does not lead to an increased amount of wins. There is always uncertainty with any type of gambling, even sports betting, making it a **game of chance**.

## SPORTS BETTING & MEDIA

Sports betting advertising is very common in both media and public spaces and may lead to the belief that gambling on sports is a normal activity for most people, making it difficult to avoid.

Because of its presence on television, at sporting events, and other public spaces, underage people may frequently become exposed to this form of gambling and see it as a normal part of watching sports. Youth engagement in sports betting continues to rise and it is important to communicate the risks associated with this type of gambling to ensure we are presenting the activity in an accurate way and not misleading those who encounter it.



# SINGLE EVENT SPORTS BETTING vs PARLAY BETS

In Canada, there are two main ways we can engage in sports betting: by making a *parlay bet* or by engaging in *single event sports betting*.

**Parlay betting** occurs when a person makes a set of several bets at one time (a “leg”) and cannot change the bets after they have placed them. They must win each leg of their parlay before they are eligible for winnings.

People engaging in parlay bets are seen to be at a greater disadvantage than those in single event sports betting due to the lower chance of winning a consecutive series of parlay bets over single events. However, they have their appeal in that the potential winnings are much greater in a parlay system than in a single event due to the odds being against you.

In parlay bets we experience delayed gratification, a high release of dopamine over a long period of time, and increased excitement as we wait for the next game.

**Single event sports betting** is much different than a parlay bet in that players are able to bet on any single event of their choosing and do not need to have consecutive wins of multiple games to win. They are bet independently and players have more freedom in choosing if they want to make one single bet or multiple independent bets.

Single event sports betting is often more impulsive and filled with “prop” bets or microtransactions, leading to riskier decision making as game play progresses. This makes single event sports betting particularly addictive and risky.

# SAFE SPORTS BETTING TIPS

Should you choose to engage in any form of sports betting, there are many ways to make the activity safer, including:

- Set time, money, and frequency of betting limits
- Make sure you understand the rules of the bet
- Think critically when viewing sports betting ads
- Do not continue to make bets as game play progresses or try to hedge your bets
- Do not chase your losses
- Do not watch sports only to make wagers and win money - You should enjoy the game for what it is!

## RESOURCES

<b>Problem Gambling Helpline</b>	1.800.306.6789 spgh.ca
<b>Gambler’s Anonymous</b>	1.855.781.9522 gamblersanonymous saskatchewan.ca
<b>Credit Counselling Society</b>	1.888.527.8999 nomoredebts.org
<b>Gambling Awareness Program</b>	SaskGAP.ca

