



## Code of Conduct for Athletes

*Athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: **Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship**. This Code will apply to all athletes involved in PAC ("Parkland Athletic Club").*

*I understand that, in order to participate in PAC, I must act in accord with the following:*

### **1. TRUSTWORTHINESS**

**Trustworthiness** — be worthy of trust in all I do.

**Integrity** — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

**Honesty** — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

**Reliability** — fulfill commitments; do what I say I will do; be on time to practices and games.

**Loyalty** — be loyal to my Community and my Team; put the team above personal glory.

### **2. RESPECT**

**Respect** — treat all people with respect all the time and require the same of other athletes

**Class** — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre and post-game rituals.

**Disrespectful Conduct** — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or **racial** nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

**Respect Officials** — treat officials with respect; don't complain about or argue with official calls or decisions during or after a game.

### **3. RESPONSIBILITY**

**Role-Modeling** — Remember, participation in hockey is a privilege, not a right, and that I am expected to represent my community, coach and teammates with honor, on and off the ice. Consistently exhibit good character and conduct myself as a positive role model.

*Self-Control* — exercise self-control; don't show *excessive* displays of anger, frustration, or violence.

*Healthy Lifestyle* — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain an advantage over a fellow participant.

**PAC advocates a strict “0 Tolerance” policy regarding substance use and abuse by athletes and coaches. Please be absolutely familiar with this policy! The “0” Tolerance” Policy is found below.\***

**9. Integrity of the Game** — protect the integrity and tradition of the game. Play the game according to the rules.

**10. Time Management** - be diligent in scheduling my time to allow for scholastic endeavors, hockey commitments, and personal free time. Scholastic and athletic commitments and success should not wane due to poor planning on my part.

## **4. FAIRNESS**

*Be Fair* — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

## **5. CARING**

*Concern for Others* — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

*Teammates* — help promote the well-being of teammates by positive counselling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

## **6. CITIZENSHIP**

*Play by the Rules* — maintain a thorough knowledge of and abide by all applicable game and competition rules.

*Spirit of rules* — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**Any player in breach of the Code of Conduct could be subjected to discipline by team officials.**

**If a resolution cannot be found at the Team level then the issue will escalate to the PAC Executive, at this time the player may be suspended from team activities until reinstated by the Executive.**

**\*Any substance abuse will be an automatic suspension from team activities and the player and parent(s) will meet with the PAC Executive. Reinstatement can only be granted by the Executive.**

## Athlete/Parent Consent for Code of Conduct

**Team:** \_\_\_\_\_

I have read and understand the requirements of this Players Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties for any breach of conduct.

Print: \_\_\_\_\_ / \_\_\_\_\_  
Athlete Athlete Signature / Date

Print: \_\_\_\_\_ / \_\_\_\_\_  
Parent Parent Signature / Date