



## Athlete Code of Conduct Pledge

AA Ringette Calgary and Calgary RATH Athletes:

You have been given the privilege of participating as an athlete in AA Ringette Calgary this season. This comes with the responsibility of upholding our association's core values of respect, integrity, safety, teamwork and excellence. As registered participants in Ringette Alberta and Ringette Canada you are also required to uphold True Sport principles and contribute to an Abuse-Free, Safe Sport environment.

Whether on or off the ice, athletes representing AA Ringette Calgary teams and the association are expected to demonstrate appropriate and inclusive behaviour.

As an Athlete:

- I will treat everyone fairly and respectfully regardless of, but not limited to, gender, sexual orientation, religion, nationality, ability, or economic status.
- I will act ethically, respectfully and with integrity towards my coaches, my teammates, officials, team staff, my opponents, volunteers and all those who work to provide me with a Ringette season.
- I will show good sportspersonship by upholding the rules of Ringette and playing the game in a fun, positive and safe way, whether winning or losing.
- I will respect the rules established by my coaches and my team.
- I will be a team player and respect and cooperate with team staff and my teammates to achieve common goals.
- I will strive to play my best and to aim for excellence in my play, my teamwork and my behaviour as an athlete.
- I will not take any non-medical drugs, illegal drugs, or use performance-enhancing drugs or methods. I will not consume, or be under the influence of, alcohol, cannabis or nicotine (the latter two includes the use of cigarettes, electronic cigarettes and vaping), at any game, practice or team event.
- I will not publicly criticize teammates, coaches, team staff, officials, volunteers, or any external Ringette organizations and instead will choose a respectful way to address my concerns.
- I will be respectful when using social media platforms. I will not take photos, videos, or audio recordings in the team dressing room. I will not post comments, nor distribute photos, videos, or audio recordings concerning AA Ringette Calgary participants (past or present), or any other athletes, teams, officials and/or associations that are false, harassing, discriminatory or insulting.
- I will not physically, emotionally or sexually abuse, or harass, other Ringette participants.
- I will respect other people's property and will not cause damage to property or facilities where a ringette activity is taking place. I will not use other teammates' property, including their phones, computers, equipment etc., without their permission.
- I will follow AA Ringette Calgary's rules related to mandatory apparel use.
- I will be an ambassador for my team and AA Ringette Calgary at all times, whether on or off the ice, by representing my team, AA Ringette Calgary and the sport of Ringette in a positive, favourable manner.

I have read and agree with this pledge and I will do my best to follow it. I understand that breaches of this pledge may result in discipline under AA Ringette Calgary Policies, and may also be referred on to other authorities based on the nature of the breach.

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Athlete Name – Please Print

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Athlete's Signature

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Date