

# Martock Ski Race Club (MSRC)

## Policy Title

Athlete Code of Conduct

## Policy Objective

Individuals registering as Athlete members of MSRC agree to adhere to this Code of Conduct and all other policies, rules, regulations, by-laws and the constitution of the Nova Scotia Alpine Ski Association, as well as the rules of Alpine Canada Alpin and the FIS.

## Procedure

Athlete members of MSRC are expected to:

1. Compete/participate in a spirit of fair play and honesty. (win humbly & lose graciously, be positive at all times with themselves, coaches, volunteers, hill staff, co-athletes)
2. Compete/participate within the rules of Alpine Ski Racing
3. Avoid the use, advocating, condoning, promotion and distribution of banned substances, cases and methods as outlined in the handbook on Drug Classification published by the Canadian Centre for Ethics in Sport.
4. Refrain from using tobacco/cannabis products within the competition arena and/or competition area.
5. Refrain from using alcohol at Alpine events (Alpine and other sport activities) or in victory celebrations at the competition site.
6. Refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Alpine Ski Racing.
7. Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Alpine Ski Racing in a courteous and respectful manner.
8. Treat ski area management, ski area staff, hotel staff, sponsors and all others that support our sport system with courtesy and respect.
9. Avoid providing alcohol to under age individual.
10. Act in a manner that will bring credit to the Alpine Ski Racing Community and yourself, both within and outside the competition arena and/or competition area.
11. Respect an individuals' dignity; verbal or physical behaviours that constitute harassment or abuse are unacceptable. (Any form of abuse will be dealt with swiftly with removal from the program)\*
12. Ensure the safety of others when taking part in your Alpine Ski Racing activity.
13. Commit fully to the training sessions and competition plan provided by the coach
14. Communicate with coaches in all aspects of the training and competition program
15. Team jackets to be worn at competitions and on the podium
16. Arrive on time and prepared for training and events with appropriate clothing & equipment (in proper & safe working order)
17. Respect coaches and teammates by behaving appropriately during training: listen to instructions, do not interrupt or distract others, and train with focus.

\* See Annex A

**The MSRC takes this Code of Conduct agreement very seriously and as a result will ensure that appropriate action is taken to protect MSRC's excellent reputation built up over the years. Violations of the Code of Conduct will be investigated and may result in disciplinary consequences depending on the severity of the incident. At the Head Coach's discretion, consequences for minor infractions could include verbal reprimand, temporary suspension from training and/or competitions or coaching, and verbal or written apology. Consequences for major infractions could include longer suspension or dismissal from the program and/or restitution for property damage. In the event of dismissal from the program registration and/or competition fees will not be refunded.**

The coaching staff will be responsible for administering disciplinary action for minor infractions. Coaches must inform the Head coach or their representative who will then inform the parents/guardians and President. The President will inform the Program Parent Representative.

The Head coach, using the Executive as a resource, is responsible for administering disciplinary action for major Infractions.

**Appeals**

Appeals may be made in writing to the President. Unresolved appeals may be referred to Executive as a whole for final resolution.

**All partners must be aware of, agree to, and be committed to the policies of this document before signing. The signatures below indicate that we have read and accept the terms of this agreement.**

Parent/Guardian Name (Please Print) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature

Athlete Name (Please Print) \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature

## **Annex A**

### **Amplification on para 11 - Bullying and abusive behaviour**

This annex will address specific behaviour that is unacceptable and will result in immediate dismissal from training and referred to the head coach and executive for further disciplinary action.

- Any form of hostile physical violence with the intent to hurt, intimidate or threaten another person
- Hitting someone with objects such as ski poles or other equipment which could cause severe injury
- Any form of verbal or online intimidation or bullying of another person
- Any form of sexual harassment, verbal or physical towards another person

While this list is a good baseline it is not comprehensive and situation outside these specific examples will be dealt with on a case by case basis