



Dear Crush Members,

We hope this finds you well as we hit the floor to start the season.

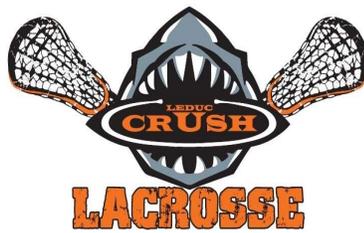
As the season progresses and we now find ourselves travelling our beautiful province to compete against one another both locally and regionally, I want to send out a reminder that all members of the Crush, including parents, are bound by the applicable ALA code of conduct bylaws, regulations, and policies both inside the arena and out. You are always representing the Crush and must therefore conduct yourself in accordance with ALA bylaws, regulations, and policies.

I know that a super-majority of our members are exemplary examples of the values of the Crush and ALA, and as such, consistently strive to ensure a safe, inclusive, and abuse-free environment for all athletes, officials, spectators, partners, businesses, and those we may meet along the way; and to those people I thank you for making our game and the reputation of our game great!

Unfortunately, there is occasion where a member, group of members, team, or parent lose their way and so, for those individuals this is a reminder that contravention of ALA bylaws, regulations, and policies must, and will, result in swift disciplinary action by the appropriate Local Governing Body (LGB) and / or the ALA Executive.

The ALA, GELC and the Crush have a zero-tolerance approach to abuse of any type, inside or out of competition. We are one week in and there has been Multiple suspensions to players handed out for there conduct.

Thank you.



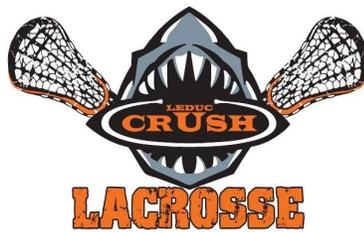
ALA CODE OF CONDUCT AND ETHICS POLICY

Version 4.0

Definitions

1. The following terms have these meanings in this Code:

- a) "Abuse" – As defined in the ALA's Abuse Policy
- b) "Discrimination" – Differential treatment of an individual based on one or more prohibited grounds which include race, citizenship, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, or disability.
- c) "Harassment" – A course of vexatious comment or conduct against an Individual or group, which is known or ought to reasonably be known to be unwelcome. Types of behaviour that constitute Harassment include, but are not limited to:
 - i. Written or verbal abuse, threats, or outbursts;
 - ii. Persistent unwelcome remarks, jokes, comments, innuendo, or taunts;
 - iii. Racial harassment, which is racial slurs, jokes, name calling, or insulting behaviour or terminology that reinforces stereotypes or discounts abilities because of racial or ethnic origin;
 - iv. Leering or other suggestive or obscene gestures;
 - v. Condescending or patronizing behaviour which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;
 - vi. Practical jokes which endanger a person's safety, or may negatively affect performance;
 - vii. Hazing, which is any form of conduct which exhibits any potentially humiliating, degrading, abusive, or dangerous activity expected of a junior-ranking individual by a more senior individual, which does not contribute to either individual's positive development, but is required to be accepted as part of a team or group, regardless of the junior-ranking individual's willingness to participate. This includes, but is not limited to, any activity, no matter how traditional or seemingly benign, that sets apart or alienates any teammate or group member based on class, number of years on the team or with the group, or ability;
 - viii. Unwanted physical contact including, but not limited to, touching, petting, pinching, or kissing;
 - ix. Deliberately excluding or socially isolating a person from a group or team;
 - x. Persistent sexual flirtations, advances, requests, or invitations;
 - xi. Physical or sexual assault;
 - xii. Behaviours such as those described above that are not directed towards a specific person or



group but have the same effect of creating a negative or hostile environment; and

xiii. Retaliation or threats of retaliation against a person who reports harassment to the ALA.

d) "Individuals" – All categories of membership, as well as all individuals employed by, or engaged in activities with, the ALA and its Members including, but not limited to, athletes, coaches, officials, convenors, officials, volunteers, managers, administrators, committee members, parents and guardians and spectators at events, and Directors and Officers of the ALA

e) "Sexual Harassment" – A course of vexatious comment or conduct against an Individual because of sex, sexual orientation, gender identify or gender expression, where the course of comment or conduct is known or ought reasonably to be known to be unwelcome; or making a sexual solicitation or advance where the person making the solicitation or advance is in a position to confer, grant or deny a benefit or advance to the Individual and the person knows or ought reasonably to know that the solicitation or advance is unwelcome. Types of behaviour that constitute Sexual Harassment include, but are not limited to:

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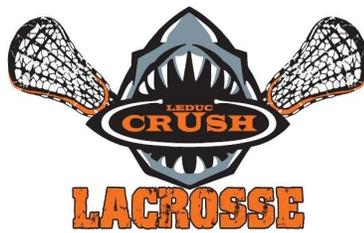
- i. Sexist jokes;
- ii. Threats, punishment, or denial of a benefit for refusing a sexual advance;
- iii. Offering a benefit in exchange for a sexual favour;
- iv. Demanding hugs;
- v. Bragging about sexual ability;
- vi. Leering (persistent sexual staring);
- vii. Sexual assault;
- viii. Display of sexually offensive material;
- ix. Distributing sexually explicit messages or attachments such as pictures or video files;
- x. Sexually degrading words used to describe an Individual;
- xi. Unwelcome inquiries into or comments about an Individual's gender identity or physical appearance;
- xii. Inquiries or comments about an Individual's sex life;
- xiii. Persistent, unwanted attention after a consensual relationship ends;
- xiv. Persistent unwelcome sexual flirtations, advances, or propositions; and
- xv. Persistent unwanted contact.

Purpose

2. The purpose of this Code is to ensure a safe and positive environment (within the ALA and its Member's programs, activities, and events) by making Individuals aware that there is an expectation, at all times, of appropriate behaviour consistent with the ALA's core values. The ALA supports equal opportunity, prohibits discriminatory practices, and is committed to providing an environment in which all individuals are treated with respect and fairness.

Application of this Code

3. This Code applies to Individuals' conduct during the ALA's and it's Members business, activities, and events including, but not limited to, competitions, practices, tryouts, training camps, travel associated with the ALA



and its Member's activities, the ALA and its Member's office environment, and any meetings.

4. An Individual who violates this Code may be subject to sanctions pursuant to the ALA's Discipline and Appeal Bylaw. In addition to facing possible sanction pursuant to the ALA's Discipline and Complaints Policy, an Individual who violates this Code during a competition may be ejected from the competition or the playing area, the official may delay the competition until the Individual complies with the ejection, and the Individual may be subject to any additional discipline associated with the competition.

5. Harassment, bullying, sexual violence, workplace harassment, or workplace violence alleged to have been committed against a worker in a workplace.

6. An employee of the ALA found to have engaged in acts of violence or harassment against any other employee, worker, contractor, member, customer, supplier, client or other third party during business hours, or at any event of the ALA, will be subject to appropriate disciplinary action subject to the terms of employee's Employment Agreement.

7. This Code also applies to Individuals' conduct outside of the ALA or its Member's business, activities, and events when such conduct adversely affects relationships within the ALA or its Members (and its work and sport environment) and is detrimental to the image and reputation of the ALA. Such applicability will be determined by the ALA at its sole discretion.

Responsibilities

8. Individuals have a responsibility to:

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a) Maintain and enhance the dignity and self-esteem of the ALA's members and other individuals by:

- i. Treating each other with the highest standards of respect and integrity;
- ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees, or members;
- iii. Consistently demonstrating the spirit of sportsmanship, sport leadership, and ethical conduct;
- iv. Acting, when appropriate, to correct or prevent practices that are unjustly discriminatory;
- v. Consistently treating individuals fairly and reasonably; and
- vi. Ensuring adherence to the rules of the sport and the spirit of those rules.

b) Refrain from any behaviour that constitutes Harassment, Sexual Harassment, Abuse, or Discrimination

c) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.

More specifically, the ALA adopts and adheres to the Canadian Anti-Doping Program. Any infraction under this Program shall be considered an infraction of this Code and may be subject to further disciplinary action, and possible sanction, pursuant to the ALA's Discipline and Appeal Bylaw. the ALA will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by the ALA or any other sport organization

d) Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision of the sport, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and



recognized by the Canadian Centre for Ethics in Sport (CCES)

- e) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities
- f) In the case of minors, not consume alcohol, tobacco, or cannabis at any competition or event;
- g) In the case of adults, not consume cannabis in the Workplace or in any situation associated with the ALA's events (subject to any requirements for accommodation), not consume alcohol or cannabis during competitions and in situations where an adult is responsible for children, and take reasonable steps to manage the responsible consumption of alcohol in adult-oriented social situations associated with the ALA's events
- h) Respect the property of others and not wilfully cause damage
- i) Promote the sport in the most constructive and positive manner possible
- j) When driving a vehicle with an Individual:
 - i. Not have his or her license suspended
 - ii. Not be under the influence of alcohol, cannabis, or illegal drugs or substances
 - iii. Have valid car insurance
 - iv. Not use a mobile device with his or her hands
- k) Adhere to all federal, provincial, municipal and host country laws
- l) Refrain from engaging in deliberate cheating which is intended to manipulate the outcome of a competition and/or not offer or receive any bribe which is intended to manipulate the outcome of a competition
- m) Comply, at all times, with the ALA's bylaws, policies, procedures, and rules and regulations, as adopted and amended from time to time
- n) Report any ongoing criminal investigation, conviction, or existing bail conditions involving an Individual to the ALA, including, but not limited to, those for violence, child pornography, or possession, use, or sale of any illegal substance or performance-enhancing drug

Directors, Committee Members, and Staff

9. In addition to section 7 (above), the ALA and its Member's Directors, Committee Members, and Staff will have additional responsibilities to:

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- a) Function primarily as a Director or Committee Member or Staff Member of the ALA; not as a member of any other group or constituency
- b) Act with honesty and integrity and conduct themselves in a manner consistent with the nature and responsibilities of the ALA's business and the maintenance of Individuals' confidence
- c) Ensure that the ALA's financial affairs are conducted in a responsible and transparent manner with due regard for all fiduciary responsibilities
- d) Conduct themselves transparently, professionally, lawfully and in good faith in the best interests of the ALA
- e) Be independent, impartial, and not be influenced by self-interest, outside pressure, expectation of reward, or fear of criticism



- f) Behave with decorum appropriate to both circumstance and position
- g) Keep informed about the ALA's activities, the sport community, and general trends in the sectors in which it operates
- h) Exercise the degree of care, diligence, and skill required in the performance of their duties pursuant to the laws under which the ALA is incorporated
- i) Respect the confidentiality appropriate to issues of a sensitive nature
- j) Respect the decisions of the majority and resign if unable to do so
- k) Commit the time to attend meetings and be diligent in preparation for, and participation in, discussions at such meetings
- l) Have a thorough knowledge and understanding of all the ALA's governing documents
- m) Conform to the bylaws and policies approved by the ALA

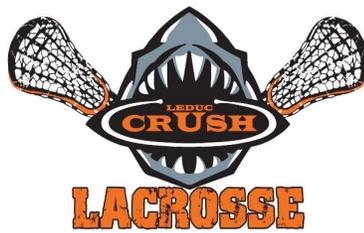
Coaches

10. In addition to section 7 (above), coaches have many additional responsibilities. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:

- a) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the involved athletes
- b) Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes
- c) Avoid compromising the present and future health of athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment, and management of athletes' medical and psychological treatments
- d) Support the coaching staff of a training camp, provincial team, or national team; should an athlete qualify for participation with one of these programs
- e) Accept and promote athletes' personal goals and refer athletes to other coaches and sports specialists as appropriate
- f) Provide athletes (and the parents/guardians of minor athletes) with the information necessary to be involved in the decisions that affect the athlete
- g) Act in the best interest of the athlete's development as a whole person
- h) Comply with the ALA's Screening Policy
- i) Report to the ALA any ongoing criminal investigation, conviction, or existing bail conditions, including those for violence, child pornography, or possession, use, or sale of any illegal substance
- j) Under no circumstances provide, promote, or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcohol, cannabis, and/or tobacco

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- k) Respect athletes playing with other teams and, in dealings with them, not encroach upon topics or



actions which are deemed to be within the realm of 'coaching', unless after first receiving approval from the coaches who are responsible for the athletes

- l) Not engage in a sexual relationship with an athlete under the age of majority
- m) Disclose any sexual or intimate relationship with an athlete over the age of majority to the ALA and immediately discontinue any coaching involvement with that athlete
- n) Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights
- o) Dress professionally, neatly, and inoffensively
- p) Use inoffensive language, taking into account the audience being addressed

Athletes

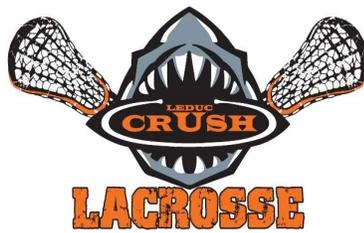
11. In addition to section 7 (above), athletes will have additional responsibilities to:

- a) Report any medical problems in a timely fashion, when such problems may limit their ability to travel, practice, or compete;
- b) Participate and appear on-time and prepared to participate to their best abilities in all competitions, practices, training sessions, tryouts, tournaments, and events
- c) Properly represent themselves and not attempt to participate in a competition for which they are not eligible by reason of age, classification, or other reason
- d) Adhere to the ALA's rules and requirements regarding clothing and equipment
- e) Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other athletes, officials, coaches, or spectators
- f) Dress to represent the sport and themselves well and with professionalism
- g) Act in accordance with the ALA's policies and procedures and, when applicable, additional rules as outlined by coaches or managers

Officials

12. In addition to section 7 (above), officials will have additional responsibilities to:

- a) Maintain and update their knowledge of the rules and rules changes
- b) Work within the boundaries of their position's description while supporting the work of other officials
- c) Act as an ambassador of the ALA by agreeing to enforce and abide by national and provincial rules and regulations
- d) Take ownership of actions and decisions made while officiating
- e) Respect the rights, dignity, and worth of all Individuals
- f) Not publicly criticize other officials or any club or association
- g) Act openly, impartially, professionally, lawfully, and in good faith
- h) Be fair, equitable, considerate, independent, honest, and impartial in all dealings with others
- i) Respect the confidentiality required by issues of a sensitive nature, which may include ejections,



defaults, forfeits, discipline processes, appeals, and specific information or data about Individuals

j) Honour all assignments unless unable to do so by virtue of illness or personal emergency, and in these cases inform the assignor or association at the earliest possible time

k) When writing reports, set out the actual facts

l) Dress in proper attire for officiating

Parents/Guardians and Spectators

13. In addition to section 7 (above), parents/guardians and spectators at events will:

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a) Encourage athletes to compete within the rules and to resolve conflicts without resorting to hostility or violence

b) Condemn the use of violence in any form

c) Never ridicule a participant for making a mistake during a performance or practice

d) Provide positive comments that motivate and encourage participants' continued effort

e) Respect the decisions and judgments of officials, and encourage athletes to do the same

f) Never question an official's or staff member's judgment or honesty

g) Support all efforts to remove verbal and physical abuse, coercion, intimidation, and sarcasm

h) Respect and show appreciation to all competitors, and to the coaches, officials and other volunteers

i) Not harass competitors, coaches, officials, parents/guardians, or other spectators

Organizations

14. Organizations that are Members of the ALA will:

a) Adhere to all of the ALA's governing documents and, where necessary, amend their own rules to comply or align with those of the ALA;

b) Recognize that their websites, blogs and social media accounts may be seen as extensions of the ALA and must reflect the ALA's mission, vision and values;

c) Ensure that all athletes, coaches, and officials participating in sanctioned competitions and events of the ALA are registered and in good standing;

d) Have well-defined hiring practices and standards in place including interviews, reference checks, and screening procedures to ensure athletes have a healthy and safe sport environment;

e) Ensure that any possible or actual misconduct is investigated promptly and thoroughly;

f) Impose appropriate disciplinary or corrective measures when misconduct has been substantiated, regardless of the position or authority of the offender;

g) Advise the ALA immediately of any situation where a complainant has publicized a complaint in the media; and

h) Provide the ALA with a copy of all decisions rendered pursuant to the organization's policies for complaints and appeals.