
ATHLETE CODE OF CONDUCT ATHLETES

ATHLETES HAVE A RESPONSIBILITY TO:

1. Treat everyone fairly within the context of their activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief, or economic status.
2. Direct comments or criticism at the performance rather than the individual.
3. Consistently display high personal standards and project a favourable image of their sport. Specifically, athletes shall:
 - Refrain from public criticism of athletes, coaches, or officials. • Abstain from the use of tobacco products and discourage their use by other athletes.
 - Abstain from drinking alcoholic beverages, using performance enhancing or mind altering drugs.
 - Refrain from the use of profane, insulting, harassing or otherwise offensive language.
4. Follow the annual training, competitive programs, and rules of conduct as mutually agreed upon by Coaches and Athletes, recognizing the responsibilities of the Athletes to adhere to and complete.
5. Participate in all team testing and satisfy all team program testing objectives.
6. Provide the Coaches with results of their strength and dry land training to enable the Coaches to monitor and assess improvement in their performance.
7. Communicate and cooperate with registered medical practitioners in the diagnoses, treatment, and management of medical problems. Respect the concerns these medical people have when they are considering an athlete's future health and well-being and when they are making decisions regarding an athlete's ability to continue to play or train.
8. Regularly seek ways of increasing development and self-awareness.
9. Uphold the rules of the sport, the spirit of such rules and encourage other athletes to do the same.
10. Treat opponents and officials with due respect both in victory and defeat. Encourage other athletes to act accordingly.
11. Be aware of the role sport plays in all athletes' lives and respect the pressures that may be placed on all athletes as they strive to balance physical, mental, emotional, and spiritual elements of their lives.

ATHLETES MUST:

- At no time allow individuals who may request sexual favours or use threats of reprisal for rejection to go unreported.
- Participate in a manner that ensures the safety of athletes, coaches and officials also participating in the game.
 - Respect other athlete's dignity. Verbal or physical behaviours that constitute harassment or abuse are totally unacceptable.
 - Never advocate or condone the use of drugs or other banned performance enhancing substances.
 - Never use or condone the use of alcohol.

Athlete Name _____ Athlete Signature _____

Date _____