ATHLETE CODE OF CONDUCT

In personal development, as well as athletic development, the athlete himself/herself plays a critical role. They must understand and respect their relationship and the commitment that is required as a member of YASSA. The athlete must also recognize that to achieve complete success, they should understand both the values and goals of the YASSA. Thus, how an athlete regards his/her sport is often dependent upon their level of behavior and ability to fit into team concepts. The following Code of Conduct has been developed to aid the athlete to achieve a level of behavior which will allow the athlete to become a well-rounded, self-confident and productive human being.

ATHLETES HAVE A RESPONSIBILITY TO:

1. Treat everyone fairly within the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status.
2. Direct comments at the performance rather than the individual.
3. Consistently display high personal standards and project a favorable image of the sport.
   a. Refrain from public criticism of athletes, coaches or officials.
   b. Abstain from illegal drug, cannabis, alcohol, tobacco and vape abuse.
   c. 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 Coaches to monitor and assess improvement in your performance.
7. Communicate and co-operate with registered medical practitioners in the diagnoses, treatment and management of medical problems. Respect the concerns these medical people have when they are considering the athlete's future health and wellbeing and when they are making decisions regarding the athlete's ability to continue to compete or train.
8. Regularly seek ways of increasing your athletic 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 yourself and other athletes as you strive to balance physical, mental, emotional and spiritual elements of your lives.

ATHLETES MUST:

1. At no time allow individuals who may request sexual favours or use threats of reprisal for rejection of those request to go unreported.
2. Participate in a manner that ensure the safety of athletes, coaches and officials also participating in the sport.

3. Respect coaches, officials, administrators, volunteers and other athletes' dignity. Verbal or physical behaviors that constitute harassment, bullying or abuse are totally unacceptable.
4. Never use, advocate for or condone the use of drugs or other banned performance-enhancing substances or procedures as listed by Sport Canada.
5. Abstain from the use of tobacco, vaping, cannabis in any form, alcohol, and illegal drugs while participating in any skating activity including training, competition and travel.

_____ _____

Print Name Signature

_____

Date

_____ _____

Name of Parent or Guardian (if athlete is under 18) Parent or Guardian Signature

Note: Parents or guardians are responsible for ensuring their child, if under the age of 18, understands and follows this code of conduct.

YOUNG ATHLETE CODE OF CONDUCT

Go for It

Rise to the challenge - always try to be your best. Discover how good you can be.

Play Fair

Play honestly - obey both the letter and spirit of the rules.

Respect Others

In skating, show respect for everyone on or off the ice whether you are winning or losing. Show respect by being on time and being ready to skate.

Keep it Fun

Find the joy of skating. Keep a positive attitude both on and off the ice.

Stay Healthy

Stay safe on and off the ice. Wear the proper gear. Listen to your coaches. If something feels wrong tell an adult.

Include Everyone

Everyone is skating to have fun, to learn and do their best. Be kind to everyone.

Give Back

Find ways to show your appreciation for the coaches, officials and parents who are helping you skate.

_____	_____
Date	Child's Name
_____	_____
Parent or Guardian Name	Parent or Guardian Signature

Note: Parents or guardians are responsible for ensuring their child understands and follows this code of conduct.