



**CVAC JAGUARS**  
COWICHAN VALLEY ATHLETIC CLUB

## **Athlete Code of Conduct**

As an athlete of the CVAC Jaguars Club, I understand and agree to abide by the following commitments:

- Compete & participate in a spirit of fair play and honesty. Compete & participate within the rules of Athletics.
- Arrive 10 minutes before scheduled practices and be ready to start on time and put in your best effort.
- Strive for personal improvement.
- 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.
- Refrain from using tobacco products within the competition arena.
- Refrain from using alcohol at athletic events (Athletics and other sport activities) or in victory celebrations at the competition site and if of legal age in British Columbia, consume these products responsibly in association with BC Athletics social events.
- Refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Athletics.
- Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Athletics in a courteous and respectful manner.
- Act in a manner that will bring credit to the CVAC Jaguars Track and Field Club, the Athletics Community and to you, both within and outside the competition arena.
- Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)
- Ensure the safety of others when taking part in your Athletics activity.

*ALSO -*

Individuals registering as Athlete members of BC Athletics are advised that by doing so they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of BC Athletics, Athletics Canada.

## Fair Play Code for Coaches

- I will treat everyone fairly within the context of his or her activity, regardless of gender, ethnic background, colour, sexual orientation, religion, political belief, or economic status.
- I will direct comments at the performance rather than the person.
- I will consistently display high personal standards and project a favourable image of my sport and of coaching.
- I will refrain from public criticism of fellow coaches.
- I will abstain from and discourage the use of drugs, alcohol, and tobacco products in conjunction with sport. I will never provide athletes with drugs, alcohol, or tobacco products. I will never advocate or condone the use of drugs or other performance enhancing substances.
- I will refrain from the use of profane, insulting, harassing or otherwise offensive language while coaching.
- I will ensure that the activity being undertaken is suitable for the ages, experience, ability and fitness level of the athletes and will educate athletes as to their responsibilities in contributing to a safe environment.
- I will co-operate with registered medical practitioners in the overall management of my athletes' medical and psychological problems. I will consider the athletes' future health and well being foremost.
- I will recognize and accept when to refer athletes to other coaches or sport specialists. I will allow athletes' goals to take precedence over my own.
- I will regularly seek ways of increasing professional development and self-awareness.
- I will treat opponents and officials with respect, both in victory and defeat, and I will encourage athletes to act accordingly at all times.
- I will co-operate with the athletes' parents or legal guardians, involving them in their children's development.
- I will be aware of the academic pressures placed on student athletes and conduct practices and competitions in a manner so as to allow academic success.
- I will ensure the safety of the athletes with whom I work.
- I will, at no time, become intimately and/or sexually involved with my athletes. This includes requests for sexual favours or threat of reprisal for the rejection of such requests.
- I will respect athletes' dignity; verbal or physical behaviours that constitute harassment or abuse are unacceptable.

## Fair Play Code for Parents

- I will remember that my child plays sport for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to respectfully and appropriately resolve conflicts.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of an event or meet.
- I will help my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good performances by both my child's club members and their opponents.
- If my child is in Junior Development, I will encourage them to follow the Junior Development philosophy.
- I will never question the officials' judgment or honesty in public. I will express my concerns to my child's coach who will then deal with the situation appropriately.
- I will support all efforts to remove verbal, emotional, and physical abuse from children's sporting activities.
- I will respect and show appreciation for the trained volunteer coaches who give their time to provide sport activities for my child, understanding that I have a responsibility to be part of my child's development.
- I will directly communicate my encouragement and concerns, should any arise, using the following guidelines:
  - I will approach my child's coach after practice (not before or during) to discuss the concern or arrange a convenient time to talk.
  - If the issue is not resolved, the coach and I will contact the head coach.
- I realize that talking and complaining about the situation to anyone else will magnify the problem, rather than resolve it.
- I will ensure that my child arrives on time, prepared to practice.
- I will be accepting and patient with my child's individual stages of development and the way in which he/she learns.