



# Athlete Code of Conduct



- ❑ Conduct yourself at all times with honor and dignity.
- ❑ Treat your teammates with dignity and respect and expect to be treated with respect in return.
- ❑ Treat opponents and officials as honored guests.
- ❑ Respect your coaches and co-operate with them both on and off the ice including code of conduct expected by your coaches.
- ❑ Coaches are trying to make you a better athlete so follow the training and programs suggested by your coaches.
- ❑ Remember there is no place before, during or after competition for drugs and alcohol.
- ❑ Accept both winning and losing with pride and compassion, not boastful or bitterness.
- ❑ Control your anger and frustration and hold back displays of temper and bad language (such as swearing, insulting, harassing or being offensive).
- ❑ Respect the property of others whether it is another skater, coach, club and /or hotel.
- ❑ Refrain from complaining about other opponents, coaches or officials publicly.
- ❑ Respect your uniform/skins and wear it as intended.
- ❑ **Remember it is a privilege to represent your sport, your club, and your province.**

If any athlete knowingly and/or continuously fails to follow the Code of Conduct, they will be removed from races and/or meets and/or further consequences will be taken. Refer to your Sassa Blue Book for further explanations.

If you have any questions please ask your coaches.

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**Signature of Athlete**

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**Date**