



## Athlete Code of Conduct & Commitment Agreement

### Alberta Ski Jumping and Nordic Combined

Effective Date: August 2014

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#### THIS CODE OF CONDUCT IS TO BE SIGNED BY ATHLETES, COACHES AND PARENTS/GUARDIANS

#### Athlete:

#### I will:

1. Represent the Alberta Ski Jumping and Nordic Combined in a positive and responsible manner at all times (training sessions, competitions, trips, events, etc) and will continue to meet the criteria set out to be a member of one of the teams governed by ASJNC. I understand that my behavior will be of the highest standard as I am representing both Alberta and Canada.
2. Abide by the ASJNC Code of Conduct at all times, and agree to abstain from the use of alcohol, tobacco, drugs or weapons of any kind while training or travelling.
3. Abide by my coach's rules on the use of electronics and other technology.
4. Respect my coach and listen to and obey his or her directions for my safety and the safety of others. I am committed to following the training and competition program as designed by my coach and will do my best to improve my performance by carrying out the training plan, whether supervised or not. I accept that in order to be successful, my participation in training is crucial, and thus, **I must attend no less than 80% of team training sessions, if I am a member of the Alberta Team.**
5. Understand that the Canadian Ranking List (CRL) may be used to determine my eligibility for trips, certain competitions and the teams. If I decide not to compete in events, I understand that I will forgo those competition points and that this will have an impact on my standing on the CRL.
6. Inform my school of all absences prior to embarking on any trips and will complete the ASJNC Homework Form as required. I understand that failure to achieve a satisfactory standard of school work in any class may result in me not travelling until academic expectations are met.
7. Assist with the upkeep and maintenance of the Training Centre, trailers, judge's towers and surrounding areas. I agree to complete any duties that are assigned to me by my coach.
8. Show respect for the property of Canada Olympic Park (COP) and the property of Ski Jumping and Nordic Combined Training Centre (SJNCTC), belongings of the other athletes and the property of other venues I may travel to. I will leave all rented accommodation as I found it.
9. Behave in a sportsmanlike manner and respect teammates, other athletes, coaches, staff, officials, volunteers, parents and spectators. I will support my teammates, use appropriate language (no swearing) and not engage in bullying, harassment, verbal abuse, physical abuse, teasing or any behavior that could be hurtful or endanger others or myself.

#### I understand:

1. That there are consequences for breaking the Code of Conduct. Unless it is a very serious incident, the consequences are as follows:

**First incident** will result in a warning from the coach and a letter from the responsible athlete to their parent/guardian and to the affected parties acknowledging the breach of the code of conduct and apologizing for their behavior.



**Second incident** will result in the athlete being removed from activities for the day and returning to the program only upon a meeting of the athlete, coach, parent/guardian and the High Performance Manager to discuss and resolve the problem.

**Third incident** will result in the athlete being suspended from the program and the issue referred to the High Performance Manager. In consultation with the coach and the CPC Managing Committee, the High Performance Manager will consider the issue and determine appropriate consequences.

2. That serious incidents such as those that are illegal, may cause injury, create dangerous situations or damage property will be immediately referred to the High Performance Manager and the CPC Management Committee and may result in immediate suspension or dismissal from the program.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent:**

**I will:**

1. Address all direct program issues through the ASJNC head coach. Should there be a serious issue, directly/indirectly related to the program or a problem that requires third party attention, I will contact the ASJNC Parent Liaison.
2. Participate in fundraising events as scheduled by training groups.
3. Agree to meet all financial obligations and registration/administration deadlines e.g., annual training fees, competition registration, trip fees etc. as reflected in the invoices. I understand that my child's participation in the program is contingent on invoices being paid by the deadline or other appropriate arrangements being made with the ASJNC Board.
4. Agree to maintain active membership with the Altius Nordic Ski Club while my child is on the ASJNC team, including complete the consolidated registration in June of each year, or at a time designated by the Altius Board and paying the Altius membership fees.
5. Understand that if my child travels beyond Calgary with a coach, I will be responsible for any additional trip costs incurred as a result of injury or misbehaviour by my child. My child may be sent home for serious breaches of the Code of Conduct or I may be required to pick my child up at my own expense.
6. Be a positive role model and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all athletes, coaches, officials and other volunteers.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



## Coach:

### I Will:

1. Deliver a quality Ski jumping/Nordic Combined program to **all** athletes that I coach and treat **all** athletes fairly.
2. Be responsible for the safety and wellbeing of my athletes during coaching times and will follow all required safety policies and procedures. In particular, I will consume alcohol in a responsible manner, but not in front of athletes. I will model appropriate trip behavior for athletes.
3. Abide by the consequence set out in this Code of Conduct should a disciplinary incident arise.
4. Behave in a sportsmanlike manner and treat all athletes, coaches, staff, officials, volunteers, parents and spectators with respect.
5. Adhere to the Altius Van Policy.
6. **Clearly set criteria for team membership and trips** so that all parents and athletes are aware of them
7. Clearly communicate with all athletes, parents and the Board about the program. This includes trip itineraries, trip fees, regular parent meetings, and athlete progress updates,

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_