CROSS COUNTRY SASKATCHEWAN ATHLETE/COACH AGREEMENT

ATHLETE CODE OF CONDUCT

Accepting the following guidelines and understanding the rules will allow everyone to perform at an optimum level and ensure the best possible trip experience.

Athletes will:

* Strive to be positive and support other team members
* Work together with other team members when needed
* Be appreciative of everyone supporting the team
* Respond to reasonable requests for assistance from clubs and to reasonable requests for information from the press

Athletes shall:

1. Compete according to the rules of Cross Country Saskatchewan (CCS), Nordiq Canada (NC) and the International Ski Federation (FIS), where applicable.
2. Be respectful and considerate towards the public, coaches, administrators, volunteers, officials and other athletes;
3. Represent Saskatchewan and the sport in a dignified and responsible manner;
4. Treat with respect all property owned, rented or borrowed by CCS, including team vehicles, rental cars, accommodation, team clothing, billet's property and team equipment;
5. Respect the curfew hours specified by the CCS coaching staff and refrain from visiting the rooms of other athletes after curfew;
6. Confirm with Team Leaders their whereabouts and activities at all times when away from the team accommodations, camp headquarters or race site;
7. Not publicly criticize CCS programs, sponsors, clothing, equipment or personnel/volunteers, (voice any valid concerns directly through the normal CCS political process);
8. Refrain from smoking, vaping, or using cannabis products (the World Anti-Doping Agency states that Cannabinoids are a prohibited in-competition substance)
9. Have no involvement with illegal drugs or banned doping substances. Athletes – in consultation with their coaches – have a responsibility to be aware of and avoid the use of banned substances. An athlete needs to be sure of the status of any medication they take and should check with their coaches. More information regarding banned substances can be found at [www.cces.ca](http://www.cces.ca)
10. Athletes over the age of majority are discouraged from possessing and consuming alcohol and if they choose to do so must consider the appropriate circumstances, with permission from their trip leader and away from the place of accommodations and competition.
11. Possession or consumption of alcohol by athletes under the legal drinking age is prohibited as governed by provincial law. Purchasing alcohol for consumption by individuals under the legal drinking age is also prohibited.
12. At all times athletes must be considerate of others and aware of their impact on others. Inappropriate behaviour may result in dismissal from the event or trip, and in serious circumstances dismissal from the CCS program.

COACH CODE OF CONDUCT

Coaches have influence and control over their athletes. They shall be aware of and understand the power they have to affect their athletes’ athletic development, their personal lives and even the athletes’ families. Coaches shall also recognize that their athletes may look to them for a good example. The athlete’s behavior is influenced by the coach. Coaches shall achieve behavior that is in the best interests of their athletes and the organization.

Coaches have a responsibility to:

1. Maintain respect for officials at all competitions;
2. Allow athletes’ goals to take precedence over their own
3. Recognize and accept when to refer athletes to other coaches or sport specialists
4. Ensure that the activity is suitable for the age, ability and fitness level of the athletes
5. Regularly communicate and cooperate with the athletes’ parents or legal guardians if the athlete is under the age of 18, involving them in decisions pertaining to their son/daughter’s development
6. Conduct practices, and coordinate training and race trips to allow student athletes the best chances for academic success.
7. Educate athletes about contributing to a safe environment
8. Communicate and cooperate with doctors in the diagnoses, and treatment of their athletes’ medical and psychological conditions.
9. Give top priority to the athletes’ future healthy and well-being when making decisions about their ability to continue playing or training
10. Display high personal standards and project a favourable image of their sport and coaching
    1. Refrain from public criticism of fellow coaches; especially when speaking to the media or recruiting athletes
    2. Abstain from the use of tobacco products while in the presence of athletes and discourage their use by athletes
    3. Abstain from drinking alcoholic beverages and using cannabis products when working with athletes
    4. Discourage the use of alcohol in conjunction with athletic events or victory celebrations at the playing site
    5. Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of duties
11. Treat everyone fairly, regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status
12. Regularly engage in professional development
13. Respect skiers, coaches, parents, and officials at all times and encourage the same from their athletes
14. Encourage athletes to uphold the rules of their sport, and the spirit of such rules

Coaches Shall:

1. Ensure the safety of the athletes with whom they work.
2. At no time become intimately and/or sexually involved with their athletes.
3. Respect the athlete's dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable.
4. Never advocate or condone the use of tobacco, illegal drugs, or banned performance enhancing substances.
5. Never provide under age athletes with alcohol.

## ATHLETE/COACH AGREEMENT

Athlete: I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, by signing this document, indicate that I have read, understood, and agree to follow the Cross Country Saskatchewan Athlete/Coach Agreement.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address & Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, by signing this document, indicate that I have read, understood, and agree to follow the Cross Country Saskatchewan Athlete/Coach Agreement.

Coach signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_