

Athlete's Code of Conduct

Cross Country Ontario

The reason CCO wishes to establish a general code of conduct is to create the best possible environment for the athletes and the coaches in which to strive for excellence. During the course of trip team leaders will have to make decisions based upon their experience and training which they feel are best for individual athletes and the team. Accepting the following guidelines and understanding the rules will allow everyone to perform at an optimum level.

Guidelines

Athletes should always demonstrate good sportsmanship and show respect for other competitors and officials by;

1. avoiding interference with other competitors during training or competition
2. striving to be positive and supportive of others
3. working as a cooperative member of a team
4. being responsible for the care and maintenance of their own equipment

Rules

Athletes must abide by the rules of Cross Country Canada

- 1) Smoking and involvement with non-prescription drugs or banned doping substances is not allowed. Athletes – in consultation with their coaches – have a responsibility to be aware of and avoid the use of performance enhancing substances. If unsure of the effect of a medication athletes should check with their coaches. Prescribed medications from a doctor MUST be registered with the coaches prior to entering a competition.
- 2) Possession or consumption of alcohol by junior athletes is strictly forbidden during team trips.
- 3) Any extra costs incurred by an athlete i.e. damage or lost equipment will be the responsibility of the athlete.
- 4) If room visits involve persons under 18 years of age, doors are to be open allowing clear view of the room and occupants
- 5) There shall be no visiting in rooms during quiet hours or after curfew.
- 6) All team members must confirm with one of the coaching staff that they are aware of and are in concurrence with their whereabouts and activities at all times when away from the team accommodations or race site.
- 7) In addition to the rule on alcohol use by junior athletes, the possession or use of other behaviour modifying substances by athletes of all ages is strictly prohibited during a competitive event/trip and is actively discouraged by coaches, CCO and CCC at all times. The possession or use of these substances is a serious violation of this policy.

Disciplinary Procedures

Minor breaches of discipline will be dealt with by the coaching staff by discussing the problem with the athlete(s) involved. The resolution of the problem could involve the imposition of disciplinary measures by the head coach in consultation with other members of the coaching staff. These measures may include withdrawal of training or competition privileges including entry to races. In these extreme circumstances these actions will only be considered after at least a telephone review with the CCO chair and the parents of the skier concerned. If an informal approach fails to resolve the problem (or there are persistent breaches) a formal complaint should be made to the CCO chair by the head coach. This formal (written) complaint should be preceded by notification of the athlete within 24 hours of the problem occurring and should include:

- 1) The time, date, and place of the problem
- 2) The name(s) of the person(s) alleged to have broken the code or rules
- 3) The names of any person(s) who may have been wronged
- 4) Name and address of the person(s) making the complaint
- 5) A specification of the rule or guideline broken
- 6) A description of the offensive behaviour and the effect on others or on the competition
- 7) any other relevant information

A review panel will be set up by the CCO chair and will include the CCO Chair (or designate) , the head coach of the event (or designate) and a representative of the person alleged to have broken the code. The parents of minors will be informed. Both sides of the dispute may call witnesses and submit evidence and ask questions of the opposing side. A written record of the proceedings will be kept and may not be released by the panel or any member of the panel.

The panel will advise the complainants of its decision as quickly as possible

This process does not cover protests connected with a decision made by a race jury regarding actions which are covered by CCC rules and procedures.

A review panel may also be convened if in the view of the CCO Board of Directors the incident reported by the head coach following an event warrants further action. This course of events may only be taken if the athlete has been informed within 24 hours of the incident that the report will form part of the coaches' report to the CCO Board. The team member must be notified within two weeks of the end of the competition by the CCO chair that a review panel will be convened.



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Agreement

I, by signing this document, indicate that I have read, understand, and agree to follow and be bound by the Cross Country Ontario Athlete's Code of Conduct, and Disciplinary Procedures.

While CCO through its designated coaching and support staff takes every precaution for the safety and good health of my child during this trip, I understand that CCO does not engage qualified personnel to provide medical, para-medical, dental health or similar care or service. In the event that my child requires special medication, x-rays or medical treatment I agree to pay any additional expenses incurred.

In case of a medical or surgical emergency, should CCO or its coaching staff be unable to contact me, I hereby give permission to the physician selected by the staff to hospitalize, and secure proper treatment for my child – including injections, anesthesia and surgery if necessary – within the limitations named below and /or on the athletes personal information sheet submitted with this agreement

Skier's name

Date

Skier's signature

Parent's Signature

Address

Postal Code

(____) _____
Contact phone number

(____) _____
Alternate contact phone

Limitations to agreement

1. None
2. List Please: