

Nakkertok Athlete Code of Conduct - 2015-2016

The following forms must be completed by athletes and their guardians. They are expected to be completed at the time of registration. If you are unsure of what you have completed, please contact the parent representative for your specific program.

Nakkertok's racing team requires a general code of conduct to create the best possible environment for the athletes and the coaches in which to strive for excellence. During the course of trips, team leaders will have to make decisions based on their experience and training that they feel are best for individual athletes and the team. These decisions may range from seeding and relay team selection to possible withdrawal from events due to illness or unsafe conditions. 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, officials and themselves, 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 the team
4. being responsible for the care and maintenance of their own equipment
5. behaving in a way that reflects favourably on our sport, our division, our club, our sponsors, as well as on our families and others who support us.

Rules

Athletes must abide by the rules of Cross Country Canada:

1. Smoking and involvement with non-prescription drugs or banned doping substances are not allowed. Athletes—in consultation with their coaches—have a responsibility to be aware of and avoid the use of performance enhancing substances. These may at times be present, but not listed, in some recovery powders/drinks that are not commonly available. 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. Be aware that some common cold medications may contain banned substances (<http://www.cces.ca/en/prohibitedlist>).
2. Possession or consumption of alcohol by athletes is strictly forbidden during team trips.
3. Senior athletes (those over the age of majority in the local jurisdiction) may consume alcohol in appropriate circumstances, with permission from the trip leader and away from the place of accommodations. At all times athletes **MUST** be considerate of others and aware of their impact on others. Inappropriate behaviour may result in withdrawal from competition, and in serious circumstances, withdrawal from the program.
4. Any extra costs incurred as a result of individual or group athlete behaviour or relating to an individual i.e. damage to accommodations, damaged or lost equipment will be the responsibility of that athlete or group.
5. If room visits involve persons less than 18 years of age, doors are to be accessible by trip organizers or left ajar allowing clear view of the room and occupants.
6. There shall be no visiting in rooms during quiet hours or after curfew – this is out of respect for your team mates.

7. All team members must confirm with one of the coaching/support 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.
8. The possession or use of other behaviour modifying substances by athletes of all ages is 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

The lead or head coach along with the trip organizer will deal with minor breaches of discipline by discussing the problem with the athlete(s) involved and reviewing their explanation of the events that transpired.. The resolution of the problem could involve the imposition of disciplinary measures by the head coach in consultation with the lead trip organizer(s) and 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 coach and potentially the parents of the skier concerned (parents of U18 athletes will be contacted).

If the head coach is directly involved in the incident, a 3rd party such as the Racing Director or designate will conduct the review and resolve the issue.

In minor breaches the Racing Director will be informed of the breach and the action taken. If a second incident or a major breach of discipline should occur, the Racing Director will be directly involved in any actions and discussions with parents (as required). If these steps fail to resolve the problem (or there are persistent breaches) a formal complaint should be made to the Racing Director and President of Nakkertok 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 location where the problem occurred
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 – previous breaches and actions taken

Review Panel

A review panel will be set up by the President of Nakkertok Ski Club and will include the President (or designate), the head coach of the event (or designate), Racing Director and a representative of the person alleged to have broken the code. If the athlete is under 18, the parents 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. This information will be considered as confidential.

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

A review panel may also be convened if in the view of the President and two other members of the Nakkertok Board of Directors that 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 Nakkertok Board. The President must notify the team member within two weeks of the end of the competition that a review panel will be convened.