

Nakkertok Codes of Conduct

Standard of Conduct Policy

Nakkertok is a community of athletes, parents, coaches, officials, volunteers and administrators. All Nakkertok Nordic members are expected to follow this Code of Conduct and share responsibility for the orderly conduct at Nakkertok program activities, events and competitions.

- They shall at all times observe the relevant club, local, divisional, provincial, national and international rules and regulations governing the sport of cross country skiing.
 - They shall participate in the Nakkertok spirit of volunteerism by volunteering their time and resources to the successful operation of Nakkertok programs.
 - Coaches, athletes, officials, administrators, parents and volunteers shall conduct themselves, at all times, in a manner consistent with the ideals and values of Nordiq Canada.
 - They will comply with the [Nordiq Canada Code of Conduct and Ethics Policy](#) (available on the NC website) and [Nordiq Canada Norms of Behaviour](#)
 - Their behaviour shall at all times be respectful, professional, responsible and sportsmanlike.
 - They shall treat others with respect and shall not speak disparagingly of any other athlete, coach, official, administrator, volunteer or program.
 - They shall not engage in conduct likely to bring the association, competition or sport into disrepute.
 - They shall respect the Nakkertok property, trails and environment that are enjoyed by all members.
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Fair Play Code

For Athletes

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper - fighting and "mouthing off" can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are more important.
7. I will acknowledge all good performances - those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

For Coaches

1. I will be reasonable when scheduling activities, remembering that young athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly.
5. I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.

7. I will obtain proper training and continue to upgrade my coaching skills.

For Officials

1. I will make sure that every athlete has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules.
2. I will avoid or put an end to any situation that threatens the safety of the athletes.
3. I will maintain a healthy atmosphere and environment for competition.
4. I will not permit the intimidation of any athlete either by word or by action. I will not tolerate unacceptable conduct toward myself, other officials, athletes or spectators.
5. I will be consistent and objective in calling all infractions, regardless of my personal feelings toward a team or individual athlete.
6. I will handle all conflicts firmly but with dignity.
7. I accept my role as a teacher and role model for fair play, especially with young participants.
8. I will be open to discussion and contact with the athletes before and after the session.
9. I will remain open to constructive criticism and show respect and consideration for different points of view.
10. I will obtain proper training and continue to upgrade my officiating skills.

For Parents

1. I will not force my child to participate in sports.
2. I will remember that my child engages in sport for his or her enjoyment, not for mine.
3. I will teach my child the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is winning, so that my child will never feel defeated by the outcome.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good performances by both my child's team and their opponents.
8. I will never question the officials' judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

For Spectators

1. I will remember that children play sport for their enjoyment. They are not playing to entertain me.
2. I will not have unrealistic expectations. I will remember that child athletes are not miniature professionals and cannot be judged by professional standards.
3. I will respect the officials' decision and I will encourage participants to do the same.
4. I will never ridicule an athlete for making a mistake during a competition. I will give positive comments that motivate and encourage continued effort.
5. I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and officials.
6. I will show respect for my team's opponents, because without them there would be no event.
7. I will not use bad language, nor will I harass athletes, coaches, officials or other spectators.

In the unfortunate event if you believe a member has violated this code of conduct, please feel free to contact the [Nakkertok President](#) or [Club Manager](#).