

Southern Ontario District Team Athlete Code of Conduct

The Southern Ontario District Team (SOD Team) requires a general athlete code of conduct for all Ontario CCC licensed racers. This code of conduct is designed to create the best possible environment for athletes and coaches in which to strive for excellence. The intent of this code of conduct is to describe the general attitude and behaviour that an individual is expected to display when he/she represents Southern Ontario and the sport of cross country skiing. Accepting the following guidelines and understanding the rules will allow everyone to perform at an optimum level.

Guidelines for athlete behaviour are as follows:

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 your team
4. Behaving in a way that reflects favourably on the sport of cross country skiing, Cross Country Ontario, Southern Ontario District and its member clubs, the sponsors and the families and others who support you as an athlete
5. Demonstrating personal integrity and respect by maintaining high standards of behaviour, politeness, and sportsmanship at all times
6. Demonstrating respect for all the members of Cross Country Canada and Cross Country Ontario, Southern Ontario District team, including the Officials, members of the event Organizing Committee and competitors from any other teams

Rules

Athletes must abide by the following rules:

1. Refrain from smoking.
2. 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. Medications prescribed by a doctor to an athlete **MUST** be registered with an athlete's coach prior to entering a competition. More information regarding banned substances can be found at www.cces.ca.
3. 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.
4. In addition to the rules regarding alcohol possession and consumption, 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 of SOD, CCO and CCC at all times. The possession or use of these substances is a serious violation of this code.

Disciplinary Procedures

Southern Ontario District team will deal with breaches of conduct by discussing the breach with the athlete(s) involved. The resolution of the breach could involve the imposition of disciplinary measures in consultation with members of the SOD Board of Directors and the athlete's home club. A formal report should be submitted to Southern Ontario District Team and should include:

1. The time, date and location where the breach occurred
2. The name(s) of the person(s) alleged to have breached the code
3. The name(s) of any person(s) who may have been wronged and the impact to him/her/them
4. Name and contact information of the person(s) making the complaint
5. A specification of the rule or guideline broken
6. A description of the circumstances surrounding the breach
7. The name(s) of other person(s) who were witness to the breach, if any, and, where possible, contact information for him/her/them
8. Any other relevant information

A review panel will be set up by Southern Ontario District Board that will include the Chair (or designate), the Chair of the High Performance Committee (or designate) and a representative of the person alleged to have breached 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 will 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.

Disciplinary measures may include:

- Restricting or terminating the athlete's involvement with the SOD Team
- Rendering the athlete ineligible to qualify for the SOD Team for the following one or more years
- A monetary fine

Conflict with other Codes of Conduct or Athlete Contracts

Southern Ontario District team acknowledges Ontario CCC licensed racers may already be bound by the guidelines and/or rules set out in their Club's Athlete Code of Conduct (or similar Club policy) or another form of Athlete Contract (e.g., Quest for Gold-OAAP). The intent of Southern Ontario District Team's Athlete Code of Conduct is to reinforce, not supersede existing Club codes or other forms of contracts. Where an athlete is a signatory to one or more codes of conduct or athlete contracts, the code or contract that is the most restrictive in regard to athlete behaviour/conduct will be understood to apply. Similarly, where an athlete is a signatory to one or more codes of conduct or athlete contracts, and disciplinary measures are identified in such codes/contracts, it is understood that the most punitive measure(s) available under a particular code/contract will be applied where a breach of that code or contract occurs.

Athlete Name:

Athlete Acknowledgement:

I am indicating that I have read, understand, and agree to follow and be bound by Southern Ontario District Team's Athlete Code of Conduct and Disciplinary Procedures.

Athlete Signature: _____

Date: _____

Contact Phone Number: _____

Email Address: _____

Parent/Guardian Signature: _____

Parent/Guardian Contact Phone Number: _____