

Athlete Code of Conduct

Cross Country Ski Ontario 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 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 Ski Ontario and its member Districts and clubs, the sponsors, 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 Ski Ontario including the Officials, members of the event Organizing Committee, spectators and all competitors
7. Be familiar with the Team Travel guidelines <http://xcskiontario.ca/wp-admin/upload.php?item=5978>
8. Be familiar with and understand the Concussion Management and Return to Play policy. <http://xcskiontario.ca/wp-content/uploads/2017/01/10.-Concussion-Mgt-and-Return-to-Play-policy.pdf> Ensure that you, as an athlete, understand the risks and speak up if you have experienced a head injury in any sport or activity.

Rules

Athletes must abide by the following rules:

1. Refrain from smoking, the use of tobacco and other related substances.
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.
Please note: The Government of Canada legalized cannabis on October 17, 2018. Athletes subject to the Canadian Anti-Doping Program (CADP) must be aware that this does not affect the status of cannabis in sport. Cannabis continues to be a prohibited substance and a positive test can still result in a sanction. Additional information available at <https://cces.ca/cannabis>



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. 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. Guidelines established by teams/clubs must follow the legislation of the appropriate provincial regulatory agency. 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/trip, and in serious circumstances, dismissal from the team's or club's program.
5. 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, XCSO and CCC at all times. The possession or use of these substances is a serious violation of this code.

Disciplinary Procedures

Cross Country Ski Ontario 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 XCSO staff and XCSO Board of Directors and the athlete's home club. A formal report should be submitted to Cross Country Ski Ontario 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 Cross Country Ski Ontario and 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. Please refer to XCSO's Discipline and Complaints policy for full details.

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

Disciplinary measures may include but are not limited to:



- Revoking the athlete's competition privileges
- A monetary fine
- Letter(s) of apology

Conflict with other Codes of Conduct or Athlete Contracts

Cross Country Ski Ontario 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 Cross Country Ski Ontario'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 which 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 Cross Country Ski Ontario's Athlete Code of Conduct and Disciplinary Procedures.

Athlete Name: _____

Athlete Signature: _____

Parent/Guardian Acknowledgement (if athlete is under the age of 18)

Parent/Guardian Name:

Parent/Guardian Signature: _____