



ATHLETE'S CODE OF CONDUCT

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of you as an athlete. This code of conduct has been developed to aid you as an athlete in achieving a level of behavior which will allow you to work with your coaches in becoming a well-rounded, self confident and productive human being, as well as aiding you while you represent the British Columbia Target Sports Association (BCTSA), your Sport and your Province in all levels of Competition.

ATHLETES HAVE A RESPONSIBILITY TO:

- 1) PAY THE ANNUAL REGISTRATION FEES AS NECESSARY FOR THE PROVINCIAL AND NATIONAL SPORT ORGANIZATIONS.
- 2) ADHERE TO THE INSTRUCTIONS ISSUED BY THE COACHES OR OTHER REPRESENTATIVES OF THE B.C.T.S.A. CONCERNING TEAM SELECTION AND PROGRAMS.
- 3) FOLLOW THE TRAINING AND COMPETITIVE PROGRAM MUTUALLY AGREED UPON BY THE TEAM COACH, YOUR PERSONAL COACH AND YOURSELF.
- 4) THE ATHLETE WILL HAVE A RESPONSIBILITY TO;
 - ABSTAIN FROM THE USE OF TOBACCO PRODUCTS OR ALCOHOL WHILE IN A TRAINING OR COMPETITIVE SITUATION.
 - REFRAIN FROM THE USE OF PROFANE , INSULTING, HARASSING OR OTHERWISE OFFENSIVE LANGUAGE IN THE CONDUCT OF HIS/HER PERFORMANCE.
 - REFRAIN FROM PUBLIC CRITICISM OF FELLOW ATHLETES OR COACHES ESPECIALLY WHEN SPEAKING TO THE MEDIA OR OTHER ATHLETES.
- 5) COMMUNICATE AND COOPERATE WITH REGISTERED MEDICAL PRACTITIONERS IN THE DIAGNOSES, TREATMENT AND MANAGEMENT OF ANY ATHLETES' MEDICAL OR PSYCHOLOGICAL PROBLEMS.
- 6) REGULARLY SEEK WAYS OF INCREASING ATHLETIC DEVELOPMENT AND SELF-AWARENESS.
- 7) TREAT OPPONENTS, COACHES AND OFFICIALS WITH DUE RESPECT, BOTH IN VICTORY AND DEFEAT, AND ENCOURAGE FELLOW ATHLETES TO ACT ACCORDINGLY.
- 8) IN AN EDUCATIONAL INSTITUTION, BE AWARE OF THE ACADEMIC PRESSURES PLACED ON YOURSELF AND WORK WITH YOUR COACH TO CONDUCT PRACTICES AND COMPETITIONS IN A MANNER SO AS TO ALLOW ACADEMIC SUCCESS.

ATHLETES MUST:

- 1) PARTICIPATE IN SCHEDULED TRAINING CAMPS, SEMINARS OR COMPETITIONS AS YOU HAVE AGREED TO IN YOUR PERSONAL TRAINING PLAN.
- 2) PROVIDE YOUR COACH WITH REGULAR REPORTS AS SET OUT IN YOUR PERSONAL TRAINING PLAN.
- 3) AVOID ANY ACTION OR CONDUCT THAT WOULD REASONABLY BE EXPECTED TO SIGNIFICANTLY DISRUPT OR INTERFERE WITH A COMPETITION, OR ANOTHER ATHLETE'S PREPARATION FOR A COMPETITION
- 4) NEVER USE, ADVOCATE OR CONDONE THE USE OF, DRUGS OR OTHER BANNED PERFORMANCE ENHANCING SUBSTANCES AS ITEMIZED IN THE INTERNATIONAL OLYMPIC LIST OF BANNED AND RESTRICTED SUBSTANCES.
- 5) UTILIZE ANY HEARING AND APPEAL PROCEDURES SET OUT BY THE B.C.T.S.A. FOR REMEDY OF COMPLAINTS AND ISSUES

ATHLETE'S SIGNATURE _____

NAME (PRINTED) _____

DATE _____

WITNESS _____



British Columbia Target Sports

COACHING CODE OF CONDUCT

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. Thus how an athlete regards his/her sport is often dependent on the behavior of the coach. This code of conduct has been developed to aid you as a coach in achieving a level of behavior which will allow you assist your athletes in becoming well-rounded, self-confident and productive human beings.

COACHES HAVE A RESPONSIBILITY TO:

- 1) TREAT EVERYONE FAIRLY WITHIN THE CONTEXT OF THEIR ACTIVITY, REGARDLESS OF GENDER, PLACE OF ORIGIN, COLOUR, SEXUAL ORIENTATION, RELIGION, POLITICAL BELIEF OR ECONOMIC STATUS.
- 2) DIRECT COMMENTS OR CRITICISM AT THE PERFORMANCE RATHER THAN THE ATHLETE.
- 3) CONSISTENTLY DISPLAY HIGH PERSONAL STANDARDS AND PROJECT A FAVORABLE IMAGE OF THEIR SPORT AND OF COACHING.
 - A) ABSTAIN FROM THE USE OF TOBACCO PRODUCTS OR ALCOHOL TO A LEVEL WHICH WOULD CAUSE ANY IMPAIRMENT WHILE IN THE PRESENCE OF HIS/HER ATHLETES AND DISCOURAGE THEIR USE BY ATHLETES.
 - B) REFRAIN FROM THE USE OF PROFANE, INSULTING, HARASSING OR OTHERWISE OFFENSIVE LANGUAGE IN THE CONDUCT OF HIS/HER DUTIES.
 - C) REFRAIN FROM PUBLIC CRITICISM OF FELLOW COACHES OR OTHER ATHLETES, ESPECIALLY WHEN SPEAKING TO THE MEDIA OR RECRUITING ATHLETES.
- 4) ENSURE THAT THE ACTIVITY BEING UNDERTAKEN IS SUITABLE FOR THE AGE, EXPERIENCE, ABILITY AND FITNESS LEVEL OF THE ATHLETES AND EDUCATE THE ATHLETES AS TO THEIR RESPONSIBILITIES IN CONTRIBUTING TO A SAFE ENVIRONMENT.
- 5) COMMUNICATE AND COOPERATE WITH REGISTERED MEDICAL PRACTITIONERS IN THE DIAGNOSES, TREATMENT AND MANAGEMENT OF THEIR ATHLETES' MEDICAL AND PSYCHOLOGICAL PROBLEMS. CONSIDER THE ATHLETES' FUTURE HEALTH AND WELL BEING AS FOREMOST WHEN MAKING DECISIONS REGARDING AN INJURED ATHLETES' ABILITY TO CONTINUE COMPETING OR TRAINING.
- 6) RECOGNIZE AND ACCEPT WHEN TO REFER ATHLETES TO OTHER COACHES OR SPORT SPECIALISTS. ALLOW ATHLETES' GOALS TO TAKE PRECEDENCE OVER YOUR OWN.
- 7) REGULARLY SEEK WAYS OF INCREASING PROFESSIONAL DEVELOPMENT AND SELF-AWARENESS.

- 8) TREAT OPPONENTS AND OFFICIALS WITH DUE RESPECT, BOTH IN VICTORY AND DEFEAT, AND ENCOURAGE ATHLETES TO ACT ACCORDINGLY.
- 9) IF COACHING MINORS, COMMUNICATE AND COOPERATE WITH THE ATHLETES' PARENTS OR LEGAL GUARDIANS, INVOLVING THEM IN MANAGEMENT DECISIONS PERTAINING TO THEIR CHILD'S DEVELOPMENT.
- 10) IN AN EDUCATIONAL INSTITUTION, BE AWARE OF THE ACADEMIC PRESSURES PLACED ON YOUR ATHLETES AND CONDUCT PRACTICES AND COMPETITIONS IN A MANNER SO AS TO PROMOTE ACADEMIC SUCCESS.

COACHES MUST:

- 1) ENSURE THE SAFETY OF THE ATHLETES WITH WHOM THEY WORK
- 2) AT NO TIME BECOME INTIMATELY AND/OR SEXUALLY INVOLVED WITH THEIR ATHLETES. THIS INCLUDES REQUESTS FOR SEXUAL FAVORS OR THREATS OF REPRISALS FOR THE REJECTION OF SUCH REQUESTS.
- 3) RESPECT THE ATHLETES' DIGNITY; VERBAL OR PHYSICAL BEHAVIORS THAT CONSTITUTE HARASSMENT OR ABUSE ARE UNACCEPTABLE.
- 4) NEVER ADVOCATE OR CONDONE THE USE OF DRUGS OR OTHER BANNED PERFORMANCE ENHANCING SUBSTANCES.
- 5) NEVER PROVIDE UNDER AGE ATHLETES WITH ALCOHOL.
- 6) BE PREPARED TO SUBMIT TO ANY BACKGROUND CHECKS AS SPECIFIED BY THE PROVINCIAL GOVERNMENT AND THE BCTSA

COACH'S SIGNATURE _____
NAME (PRINTED) _____
DATE _____
WITNESS _____