

## **(Insert Name of sport organization) Checklist for Athletes**

This Checklist is a guide to help you understand your responsibilities under the **Code of Conduct**. The **Code of Conduct** is part of the **(Insert Name of sport organization)** policies on **Safe Sport**.

### ➤ **As an ATHLETE, it is my responsibility to:**

- Follow the rules of the sport.
- Treat people with dignity and self-respect.
- Make sure my comments or criticisms of others (Athletes, coaches, officials, organizers, volunteers, employees of the Organization) are appropriate, constructive, and fair.
- Avoid criticizing in public (for example, in social media) the Organization or members of the Organization especially if I am only trying to embarrass them.
- Refrain from any behaviour that is considered Maltreatment, Harassment, or Discrimination
- Comply with Canada's Anti-Doping Program:
  - abstain from the non-medical use of drugs or performance-enhancing drugs or methods; and,
  - Not associate in the sport context with any person who has incurred an anti-doping rule violation and is serving a period of ineligibility sanction imposed through the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES).
- Not use power or authority to force another person to engage in inappropriate activities.
- If I am a Minor:
  - not consume alcohol, tobacco, or cannabis at any Organization competition or event.
- If I am an adult:
  - avoid consuming cannabis in the Workplace or in any situation associated with the events of the Organization (subject to any requirements for accommodation).
  - avoid using alcohol and cannabis during training, competitions, or in situations where Minors are present.
  - Be reasonable and responsible if consuming alcohol or cannabis in adult-oriented social situations.
- Respect the property of others and not intentionally cause damage to property.
- Refrain from cheating or trying to gain an unfair advantage in the sport competition.
- Respect and follow federal, provincial, territorial, municipal, and host country laws (as applicable).
- Respect and follow the policies and rules of the Organization.
- Respect and follow rules set by coaches or managers.
- Report to the Organization any ongoing criminal activity, conviction, or existing bail conditions involving another member of the Organization when it relates to criminal offenses involving violence, child pornography, or possession, use, or sale of any illegal or prohibited substance or method
- Follow my Athlete Agreement (if applicable).
- Show up on time and ready to participate to the best of my ability in all competitions, practices, training sessions, and evaluations.
- Not participate in a competition I am not eligible for.

- Follow the rules and requirements regarding clothing, uniforms, and equipment.

**Note:** It is a violation of the Code of Conduct for any Person in Authority to place an Individual in a situation that makes them vulnerable to Maltreatment. This includes, for example, a coach or manager instructing an Athlete to share a hotel room with a Coach when traveling.

**Acknowledgement**

**By signing here, I acknowledge that I understand that the above Checklist serves as a guide only and it is my responsibility to review the entire Code of Conduct. I acknowledge I have reviewed the Code of Conduct; I understand it and agree to follow it.**

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian (please print)  
(if under 18 years of age)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please feel free to contact the Organization (**add organizational contact details**) for any questions or concerns related to our **Safe Sport Code of Conduct**.