

(Insert Name of sport organization) Checklist for Coaches

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 a COACH, 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.
- Avoid consuming tobacco products, cannabis, or recreational drugs while participating in the programs, activities, competitions, or events of the Organization.
- Avoid using alcohol and cannabis during training, competitions, or in situations where Minors are present.
- Avoid using tobacco, alcohol or cannabis products in non-designated areas during Organization programs, activities, competitions, or events.
- Be reasonable and responsible if consuming alcohol or cannabis in adult-oriented social situations.
- Under no circumstances, give or encourage the use of illegal drugs or non-prescribed medications to a Participant and, in the case of minors, alcohol and/or tobacco.
- 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.
- 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.
- Select safe activities that are suitable for the age, experience, ability, and fitness level of the Athletes involved.
- Prepare and train Athletes using an appropriate plan, timeline, and monitor Athletes' physical and emotional responses to the training while avoiding training methods or techniques that may harm Athletes.

- Avoid compromising the present and future health of Athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment, and management of Athletes' medical and psychological treatments.
- Support the coaching staff of a training camp, provincial team, or national team where an Athlete in your program qualifies for participation in one of these programs.
- Accept and support Athletes' personal goals and refer Athletes to other coaches and sports specialists as appropriate.
- Give Athletes (and the parents/guardians of minor Athletes) with the information they need to make decisions that affect the Athlete.
- Act in the best interest of the Athlete's development as a whole person.
- Comply with the Organization's *Screening Policy*, where applicable.
- Not engage in a sexual relationship with an Athlete under 18 years old.
- Disclose any sexual or intimate relationship with an Athlete over the age of 18 to the Organization and immediately discontinue any coaching involvement with that Athlete.
- Dress appropriately, neatly, and inoffensively.
- Not use offensive language.
- Understand the power my coaching role can have over others and respect and promote the rights of all participants in sport, especially those who are in a vulnerable or dependent position and less able to protect their own rights.

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.

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 (print)

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**.