

FAMILY AND FRIENDS CODE OF CONDUCT POLICY

1. INTRODUCTION

Family and Friends are all people supporting an athlete.

- **Family** includes, but is not limited to, immediate family members (i.e. parents, siblings, grandparents, aunts, uncles, etc.) and all relatives;
- **Friends** include, but is not limited to, personal friends, personal coaches, fans, sponsors and other supporters

The *Family and Friends Code of Conduct* allow our athletes to have a distraction-free, private, secure experience while competing so that they can focus on their performances.

“Sport is intended to build character, to teach the virtues of dedication, perseverance, endurance and discipline. Sport helps us learn from defeat, as much as from victory. We look to sport to impart moral and social values, about a healthy integrated society.”

- Charles Dubin

Family and Friends Code of Conduct:

It is the responsibility of athletes who are Triathlon Canada program participant to inform friends and family of the importance that they follow this Code of Conduct, whether those friends and family members have actually read it or not. This Code of Conduct applies to the current season and all events that are sanctioned by Triathlon Canada, its PSOs and the ITU, including all training camps that involve Triathlon Canada in any capacity.

Family and friends are as much ambassadors for Triathlon Canada as athletes and shall maintain high standards of moral and ethical conduct, which includes self control, responsible behaviour, and consideration for the physical and emotional well being of others.

Family and friends will not engage in conduct likely to bring Canada, Triathlon Canada, the competition, or the sport of triathlon into disrepute.

2. CODE OF CONDUCT / ROLE AS A FAMILY AND FRIEND MEMBER

This Code of Conduct outlines the role of Family and Friends. Essentially, Family and Friends will:

- a) Play by the rules;
- b) Remember that sport participation is for the athlete's enjoyment, not their own;
- c) Respect that doing one's best is as important as winning, so that they will never feel defeated by the outcome;
- d) Acknowledge accomplishments by offering praise for athletes competing fairly and training and competing to the best of their ability;
- e) Provide leadership by upholding and insisting on the generally accepted standards of fair play and will exhibit a high level of sportsmanship and team spirit;

- f) Remember that athletes, young and old, learn best by example and will acknowledge the good performances all team mates and all competitors.
- g) Be modest in victory and gracious in defeat.
- h) Not use alcohol or tobacco in any form during any activity associated with Triathlon Canada except those events that are social in nature and that occur away from any athletic activity and even then only in accordance with any rules set forth by the authorities running the event.
- i) Not use cannabis (excluding medicinal cannabis) at any activity or event associated with Triathlon Canada
- j) **Respect the autonomy of the Triathlon Canada program and whenever possible will seek accommodation elsewhere than the official Team Accommodation.**
 - i. Respect that athlete rooms are off limits;
 - ii. Respect that athlete meetings are off limits unless specifically invited by the Triathlon Canada team lead.;
 - iii. Respect that athlete team dinners are off limits unless specifically invited by the Triathlon Canada team lead;
 - iv. Agree to meet up with athletes only at approved times and places, as communicated by the Triathlon Canada team lead.

3. ROLE WITHIN THE TRIATHLON CANADA COMMUNITY

At all times, Family and Friends will:

- a) Acknowledge the authority of competition officials and treat their roles and decisions with respect;
- b) Respect and show appreciation for all coaches, support team, staff members and volunteers who give their time to enhance participation in triathlon;
- c) Exercise self-control, treat others (athletes, coaches, officials, staff members, volunteers and fans) with respect and expect to be treated with respect in return;
- d) Refrain from taking part in any verbal or physical behaviour that constitutes harassment or abuse;
- e) Refrain from speak disparagingly of any other athlete, parent, friend, coach, official, staff member, administrator, volunteer or program.
- f) Refrain from taking part in bullying or discrimination, whether of a parent, athlete, coach, staff member, official, volunteer or other participant, in any form, whether in person, electronically or through any form of social media;
- g) Refrain from using profane, insulting, or otherwise offensive language;
- h) Reimburse the cost of any damage to equipment or any other property resulting from willful or negligent action on their part;
- i) Acknowledge that the Triathlon Canada chaperones, staff and coaches are responsible for athletes during competition, training sessions, at other events and while travelling and that everyone must follow Triathlon Canada policies.

4. ACKNOWLEDGEMENT

- a) The participant confirms that he or she has signed this Family and Friends Code of Conduct voluntarily and with full understanding of the nature and consequences of the Code of Conduct.
- b) Furthermore, it is the participants obligation to communicate the Friends and Family Code of Conduct to all relevant persons.
- c) **A breach of any part of this Code of Conduct is sufficient grounds for my expulsion from an event, and possibly future events.**
- d) The participant and Triathlon Canada both agree to the electronic signing exchange of this Agreement.

Signature: _____

Date: _____