



## Athlete Code of Conduct

**Policy Type:** Governance  
**Policy Reference:** 2.1  
**Effective Date:** 2018-2019 Season

Athletes are central to the success of the Edmonton Speed Skating Association (ESSA). It is essential that as an athlete you understand your role in the organization and how your actions (positive or negative) reflect on ESSA, and the sport of speed skating. The code of conduct is intended to guide athletes with your decision making with respect to the sport and the club. It is important that all athletes strive to abide by the code. If you have questions about the code, you may contact your coach.

### As an ESSA Athlete I Agree To...

#### General Behavior

1. Always treat all coaches, administrators, volunteers, officials and other athletes with respect.
2. Consistently display high personal standards and project a favorable image of the sport.
  - a) Refrain from public criticism of athletes, coaches or officials.
  - b) Refrain from the use of profane, insulting, harassing or otherwise offensive language.
3. Never advocate or condone the use of drugs or other banned performance-enhancing substances or procedures.
4. Refrain from activities (illegal or otherwise) that shine a negative light on your person, the club, or the sport.

#### Training

1. Make safety the priority during training.
  - a) Be knowledgeable about proper on ice safety issues and teach others who may not know.
  - b) Discourage others from unsafe actions on ice.
  - c) Always wear all required safety equipment when on the ice.
  - d) Bring it to other athletes' attention if you notice they are missing any safety equipment.
2. Be punctual for practices and training. Consistently arriving late disrupts training sessions and makes it difficult for coaches and other athletes.
3. Help with setup and tear-down activities at training.
  - a) Older athletes should be performing full setup and tear-down activities
  - b) Younger athletes can separate mats, pull empty carts, collect pucks, etc.
5. Refrain from warm-up activities until setup is complete AND all non-skaters are off the ice.
6. Listen to coaching direction while on the ice, and refrain from distracting other athletes.
7. Be ready to participate in training activities.
  - a) Leaving the ice surface should be an exception.
  - b) Retying skates or other equipment adjustments (if required) should be done promptly.

#### Competition

1. Treat opponents and officials with due respect both in victory and defeat. Encourage other athletes to act accordingly.
2. Be on time for all races. Being late, or missing races reflects poorly on yourself as an athlete and ESSA.
3. Put forth your best effort every time.
  - a) Make every effort to finish all races.
  - b) Refrain from making a mockery of the sport.
4. Display good sportsmanship by supporting teammates and all other athletes