



## **KWSC Code of Conduct and Agreement** **for all Competitive Skaters**

The continued success of the Kitchener-Waterloo Skating Club (KWSC) depends on a high level of co-operation between skaters, parents/guardians, coaches, staff, and volunteers. As a member of KWSC, I agree to the following:

- I will always respect and appreciate the value of sportsmanship and teamwork. I will have a positive sense of personal and team achievement.
- I will maintain a high standard of personal behaviour with respect to punctuality, preparation and contact with other skaters, coaches, parents, club volunteers, and fitness, office and arena staff.
- I will act in manner that is becoming of the Kitchener-Waterloo Skating Club. I will also lead by example and will serve as a positive role model for my club when training, and also outside the training environment when representing KWSC, Western Ontario Section, or Canada.
- I will not use offensive language or engage in any disrespectful behaviour.
- I will not ridicule or be critical of any skater or coach's performance.
- I will come to all training (on and off ice) sessions with a positive outlook and realize it is my responsibility to get help with my weaknesses.
- I will attend on-ice and off-ice training sessions dressed in proper attire (no hoodies or baggy clothing; skaters with long hair will secure their hair neatly).
- I will work with my coach to set realistic goals to guide my athletic development.
- I will be respectful of all coaches, fitness and office staff and skaters.
- I will abide by the Skate Canada rules and Code of Conduct (located on the Skate Canada website).
- I will direct suggestions or concerns regarding KWSC to the management staff.
- I will train in a manner that does not interfere with the session flow. I will adhere to the ice etiquette as taught by my coach.
- I will not engage in horseplay, nor congregate or socialize on the ice. I will take my rest breaks off the ice surface.
- I will not eat while on the ice surface.
- I will meet my program's minimum weekly attendance requirements.
- I will embrace healthy nutrition and will follow a healthy lifestyle.
- I will maintain a high level of fitness.
- I will participate in all KWSC competitive training workshops and seminars.
- I understand that competitive skating requires a high level of commitment and dedication. I pledge to always train with maximum effort so that I may reach my full potential.
- I will attend all off-ice training sessions and will work with the same dedication as I do on the ice.
- I understand that I may be removed from the competitive program for not meeting the above requirements.

KWSC embraces True Sport Principles. As a member of True Sport, KWSC stands with thousands of other athletes, coaches, parents, and community leaders in its belief that good sport can make a great difference. We say YES to the principles that promote good sport such as playing fair, respecting others, staying healthy, and striving for excellence. We also say NO to negative attitudes and actions such as bullying, cheating, and violence. KWSC members are required to abide by True Sport principles, and also must read and abide by the KWSC Bullying Policy and Agreement (located on the KWSC website).

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Skater's Signature

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Date

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Parent signature *if skater is under 18 years old*