



## 1. VOLLEYBALL YUKON ATHLETE CODE OF CONDUCT

In personal development, as well as athletic development, the athlete himself/herself plays a critical role. They must understand and respect their relationship and the commitment that is required as a member of a team. The athletes must also recognize that to achieve complete success, they should understand both the values and goals of the Yukon Volleyball Association. Thus, how an athlete regards his/her sport is often dependent upon their level of behaviour and ability to fit into team concepts. The following Code of Conduct has been developed to aid the athlete to achieve a level of behaviour that will allow the athlete to become a well-rounded, self-confident and productive human being.

- 1.1. Athletes have a responsibility to:
  1. Treat everyone fairly within the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, political belief, or economic status.
  2. Direct comments or criticism of the performance rather than the individual.
  3. Consistently display high personal standards and project a favourable image of their sport.
    - 3.1. Refrain from public criticism of athletes, coaches or officials.
    - 3.2. Abstain from the use of tobacco products.
    - 3.3. Abstain from drinking alcoholic beverages, or using performance-enhancing or mind-altering drugs.
    - 3.4. Refrain from the use of profane, insulting, harassing or otherwise offensive language.
  4. Follow the annual training, competitive programs, and rules of conduct as mutually agreed upon by Coaches and Athletes, recognizing the responsibilities of the Athletes to adhere to and complete.
  5. Participate in all team testing and satisfy all team program testing objectives.
  6. Provide the Coaches with results of their strength and dryland training to enable the Coaches to monitor and assess improvement in their performance.
  7. Communicate and cooperate with registered medical practitioners in the diagnoses, treatment and management of medical problems. Respect the concerns these medical people have when they are considering the athletes' future



health and well-being and when they are making decisions regarding the athletes' ability to continue to play or train.

8. Regularly seek ways of increasing your athlete development and self-awareness.
9. Uphold the rules of the sport, and the spirit of such rules and encourage other athletes to do the same.
10. Treat opponents and officials with due respect both in victory and defeat. Encourage other athletes to act accordingly.
11. Be aware of the role sports plays in all athletes' lives and respect the pressures that may be placed on themselves and other athletes as they strive to balance physical, mental, emotional and spiritual elements of their lives.

1.2. Athletes must:

1. At no time allow individuals who may request sexual favours or use threats of reprisal for rejection to go unreported.
2. Participate in a manner that ensures the safety of athletes, coaches and officials also participating in the games.
3. Respect other athletes' dignity: verbal or physical behaviours that constitute harassment or abuse are totally unacceptable.
4. Never advocate or condone the use of alcohol, drugs, or other banned performance-enhancing substances.
5. Never provide underage participants with alcohol or encourage its use.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in the Athletes Code of Conduct.

\_\_\_\_\_  
-  
Athlete

\_\_\_\_\_  
-  
Witness (Association Representative)

\_\_\_\_\_  
-  
Date

\_\_\_\_\_  
-  
Date

