

CLUB CONDUCT GUIDELINES/ATHLETES RULES OF CONDUCT:

Although many of the following guidelines deal with travel situations, the intent is that they should also apply at home (at the boathouse). CHEEMA encourages a safe and positive atmosphere by requiring adherence to these rules of conduct.

It is essential that all athletes and parents read this guide in its entirety. Ignorance of established guidelines and rules is not an acceptable excuse should disciplinary action be necessary.

The executive of CHEEMA, as documented in this information package, has adopted the guidelines for athletes and coach responsibilities. It is the executive's intent that these guidelines are adhered to by all persons concerned. It should be clearly understood that the club cannot condone any illegal actions. As a general practice, 3 warnings will be allowed for minor misbehaving to cease. However, if the behaviour continues, the issue will be brought to the coach's attention and appropriate action taken. Some behaviour may require immediate action on the part of coaches. Illegal activities and unacceptable behaviour will be dealt with more stringently as outlined below:

Parents and athletes must be aware that any athlete travelling on behalf of CHEEMA who does not adhere to the rules of conduct listed, or behaves in a manner detrimental to CHEEMA could be suspended and returned home immediately. Should the misbehaviour happen toward the end of a Cheema sponsored offsite event where the athlete cannot be sent home early, the athlete may forfeit attendance at the next offsite event. The coaches and Board will decide whether the behaviour warrants this response. Parents will be responsible for any extra costs incurred in the return of their child.

CHEEMA is constantly working to build and maintain a good reputation. Our athletes and representatives are expected to exhibit responsible behaviour in pursuit of this objective. The guidelines are similar to those made for athletes on the National and Olympic teams.

CHEEMA does not want to destroy your individuality but since CHEEMA promotes good sportsmanship, leadership, character, self-discipline and safety, it feels that these rules and guidelines are necessary:

- ◆ **Athletes are required to follow the CKC's Athletes code of Conduct and should at all times maintain the highest standards of conduct.**
- ◆ **Smoking by athletes will not be permitted.**
- ◆ **Abusive language will no be tolerated both in and out of competition.** (A regatta official could impose immediate disqualification from a race for such language).

- ◆ **It is mandatory for athletes 14 and under to wear a personal floatation devise (PFD) or life belts at all times when on the water.** Failure to do so at a regatta can result in disqualification from a race. During the early spring and late fall paddling seasons, all athletes must have a PFD. In the event of a “tip” when the water is cold, hypothermia can set in very quickly.
- ◆ ***The use of alcoholic beverages by under aged athletes and/or illegal drugs is definitely prohibited. Any athlete in violation of this rule will be subject to disciplinary consequences decided upon by the disciplinary committee up to and including return from competition and suspension.***

Suspension means the athlete will not be permitted to practice, travel or race with CHEEMA during any period of the suspension.

- ◆ At out of town regattas, the coach will make any disciplinary action, after consultation with the Paddling Chair. A formal report by the head coach will be made to the Executive. Parents will be notified upon return home.
- ◆ Adhere to curfews established by coaches and manager. (Usually in room by 10:00pm/Lights out at 10:30pm). Proper sleep is important to an athlete’s health and performance.
- ◆ Athletes are expected to wear a CHEEMA racing singlet at all regattas.
- ◆ When at out of town regattas, no one travelling with the team will be allowed to leave the group unless the coach and manager have given permission.
- ◆ When travelling, participants shall treat hotel property with care and respect. Rooms will be checked prior to departure. Any breakage or missing hotel property will be charged to the occupants of that room.
- ◆ When travelling, free time and/or recreational activities will be established in consultation with the coach and manager.
- ◆ Personal funds are the responsibility of the individual and should be put in a safe and secure place. Arrangements can also be made with the manager.
- ◆ Athletes are responsible for ensuring that all of their equipment is taken to and from the regatta site.
- ◆ All athletes will help load and unload and look after boats and other club equipment.
- ◆ All athletes will show respect to the coaches, chaperones and manager.
- ◆ Travel to and from CKC sponsored events such as dances will be with the team only.