



## North Shore Whitecaps AAA Zone Hockey Association Athletes Code of Conduct

In both personal and athletic development, the athlete plays the most critical role. As a member of the NSW Zone, I understand and accept the commitment, responsibility, and standards expected of me both on and off the ice. My conduct directly impacts my teammates, coaches, family, and the reputation of my team and association. To help me become a well-rounded, self-aware, and respectful person and athlete, I commit to the following Code of Conduct:

---

### **As an athlete, I will:**

- **Always treat** my teammates, coaches, opponents, officials, and everyone involved in the game with **dignity and respect**, regardless of gender, race, religion, background, or ability.
- **Be a good teammate.** I will support and encourage my teammates and celebrate our collective success over individual accomplishments.
- **Put the team first.** I understand that being part of a team means being reliable, selfless, and committed to shared goals.
- **Speak respectfully** to others, and **never use language or gestures** that are profane, insulting, harassing, or derogatory.
- **Accept responsibility** for my actions and choices, both in person and online.
- **Refrain from public criticism** of teammates, coaches, and officials.
- **Control my emotions.** I will not engage in fighting, bullying, or disrespectful behaviour.
- **Never use** tobacco products, alcohol, drugs, or performance-enhancing substances.
- **Follow my team's rules, training plans, and schedules**, and attend all required events and team functions to the best of my ability.
- **Communicate openly and honestly** with my coaches and team staff, especially when injured or dealing with physical or mental health issues.
- **Respect the game** by playing fairly, following the rules, and showing sportsmanship in both victory and defeat.
- **Use social media responsibly.** I will not post or share anything that harms the reputation of the team, the NSW Zone, or any of its members.
- **Report inappropriate behaviour, abuse, or harassment**, including any attempt by individuals to exploit or intimidate others.

## **ATHLETES MUST:**

1. Only participate because they want to, not just because their parents or coaches want them to.
2. Control their temper and remember fighting or offensive language and behaviour can spoil the event for everybody.
3. Remember that winning isn't everything and that having fun, improving skills, making friends, and doing their best is important.
4. Remember that coaches and officials are there to help them and athletes must accept their decisions and show them respect.

## **SOCIAL MEDIA:**

The NSW Zone has a zero-tolerance policy for harmful or disrespectful use of social media. This includes bullying, harassment, or any posts that target the association or its members. Any violation will result in immediate suspension from team activities and a review by the Executive Committee.

It is the responsibility of all athletes and families to report any harmful or inappropriate online behaviour to the NSW Zone.

1. All association members must not post harmful statements on social media sites that would lead to harassment or bullying investigation. The association member will be suspended. A further review will be completed by the Executive Committee.
2. This Includes association members media sites in which they post harmful material regarding the North Shore Whitecaps AAA Zone or any of its members.
3. It is the responsibility of Association members to notify NSW of any such instances.

## **AGREEMENT AND CONSEQUENCES :**

*By signing this Code of Conduct, I agree to uphold these values at all times as a representative of the North Shore Whitecaps AAA Zone.*

*I understand that **any violation of this Code of Conduct may result in disciplinary action**, including:*

- *Removal from team activities*
- *A prolonged team suspension*
- ***Permanent removal from the team***

*I also understand that claiming I was unaware of the Code is **not an acceptable excuse** for misconduct.*

Date: \_\_\_\_\_

Signature of Player \_\_\_\_\_ Player \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Parent \_\_\_\_\_