



## Skater Code of Conduct

*Recreational and athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. This Code applies to all athletes involved in the White Rock South Surrey Skating Club. I understand that, in order to be a member in good standing, I must act in accord with the following:*

### TRUSTWORTHINESS

- I will be worthy of trust in all I do.
- I will live up to high ideals of ethics and sportsmanship and always pursue victory with honour; I shall do what's right even when it's unpopular or personally costly.
- I shall live and compete honourably; I will not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- I will strive to fulfill commitments; I will do what I say I will do, and I will aim to be on time for practices, competitions and tests.

### RESPECT

- I will treat all people with respect at all times and I will require the same of other athletes.
- I shall live and skate with class; I will be a good sport and will be gracious in victory and shall accept defeat with dignity; I shall compliment extraordinary performance and show sincere respect in pre and post-skating rituals.
- I will not engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or racial nature, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- I will treat all Officials with respect and will not complain about, or argue with any decisions during or after a skating event or test.
- I will treat all Volunteers with respect both within my Club, and at competitions and events outside my Club.
- I will treat all Coaches with respect both within my Club, and at competitions and events outside my Club.

### RESPONSIBILITY

- I shall remember that participation in sports is a privilege, not a right and that I am expected to represent my club, coach and myself with honour both on and off the ice. I shall consistently exhibit good character and conduct myself as a positive role model.
- I recognize the importance of safeguarding my health; I shall not use any illegal or unhealthy substances including alcohol, tobacco and drugs, or engage in any unhealthy techniques to gain, lose or maintain weight.

### FAIRNESS & CARING

- I shall live up to high standards of fair play; I will be open-minded and always willing to listen and learn.
- I will demonstrate concern for others and never intentionally injure any athlete or engage in reckless behaviour that might cause injury to me or others.