

Triathlon Ontario Friends and Family Policy

Friends and Family are all people supporting an athlete.

- **Family** includes, but is not limited to, immediate family members (i.e. parents, siblings, grandparents, aunts, uncles, etc.) and all relatives;
- **Friends** include, but is not limited to, personal friends, personal coaches, fans, sponsors and other supporters

The Family and Friends Code of Conduct allow our athletes to have a distraction-free, private, secure experience while competing so that they can focus on their performances.

Friends and Family Code of Conduct:

It is the responsibility of athletes who are a Triathlon Ontario program participant to inform Friends and Family of the importance that they follow this Code of Conduct, whether those Friends and Family members have actually read it or not. This Code of Conduct applies to all events that are sanctioned by Triathlon Ontario, Triathlon Canada, other PSOs and the ITU, including all training camps that involve Triathlon Ontario in any capacity.

Friends and Family are as much ambassadors for Triathlon Ontario as athletes and shall maintain high standards of moral and ethical conduct, which includes self control, responsible behaviour, and consideration for the physical and emotional well being of others.

Friends and Family will not engage in conduct likely to bring Ontario, Triathlon Ontario, the competition, or the sport of triathlon into disrepute.

Code of Conduct:

A. Role as Friend and Family member:

This Code of Conduct outlines the role of Friends and Family. Essentially, Friends and Family will:

1. Play by the rules;
2. Remember that sport participation is for the athlete's enjoyment, not their own;
3. Respect that doing one's best is as important as winning, so that they will never feel defeated by the outcome;
4. Acknowledge accomplishments by offering praise for athletes competing fairly and training and competing to the best of their ability;
5. Provide leadership by upholding and insisting on the generally accepted standards of fair play and will exhibit a high level of sportsmanship and team spirit;

Remember that athletes, young and old, learn best by example and will acknowledge the good performances all team mates and all competitors.

7. Be modest in victory and gracious in defeat.
8. Not use alcohol or tobacco in any form during any activity associated with Triathlon Ontario except those events that are social in nature and that occur away from any athletic activity and even then only in accordance with any rules set forth by the authorities running the event.
9. **Respect the autonomy of the Triathlon Ontario program and whenever possible will seek accommodation elsewhere than the official Team Accommodation.**
 - a. Respect that athlete rooms are off limits;
 - b. Respect that athlete meetings are off limits unless specifically invited by the Triathlon Ontario team lead.;
 - c. Respect that athlete team dinners are off limits unless specifically invited by the Triathlon Ontario team lead;
 - d. Agree to meet up with athletes only

B. Role within the Triathlon Ontario Community:

At all times, Friends and Family will:

1. Acknowledge the authority of competition officials and treat their roles and decisions with respect;
2. Respect and show appreciation for all coaches, support team, staff members and volunteers who give their time to enhance participation in triathlon;
3. Exercise self-control, treat others (athletes, coaches, officials, staff members, volunteers and fans) with respect and expect to be treated with respect in return;
4. Refrain from taking part in any verbal or physical behaviour that constitutes harassment or abuse;
5. Refrain from speak disparagingly of any other athlete, parent, friend, coach, official, staff member, administrator, volunteer or program.
6. Refrain from taking part in bullying or discrimination, whether of a parent, athlete, coach, staff member, official, volunteer or other participant, in any form, whether in person, electronically or through any form of social media;
7. Refrain from using profane, insulting, or otherwise offensive language;
8. Reimburse the cost of any damage to equipment or any other property resulting from willful or negligent action on their part;
9. Acknowledge that the Triathlon Ontario chaperones, staff and coaches are responsible for athletes during competition, training sessions, at other events and while travelling and that everyone must follow Triathlon Ontario policies.

C. ACKNOWLEDGEMENT

1. The participant confirms that he or she has signed this Friends and Family Code of Conduct voluntarily and with full understanding of the nature and consequences of the Code of Conduct.

2. Furthermore, it is the participant's obligation to communicate the Friends and Family Code of Conduct to all relevant persons.
3. **A breach of any part of this Code of Conduct is sufficient grounds for my expulsion from an event, and possibly future events.**
4. The participant and Triathlon Ontario both agree to the electronic signing exchange of this Agreement.

I have read, and familiarized myself with all references and requirements within, and fully understand my obligations in signing this Code of Conduct (I agree): _____

Effective Date for Triathlon Ontario Code of Conduct (current date): _____

This Code of Conduct takes effect on the date above (I agree): _____