



FAMILY & FRIENDS CODE OF CONDUCT POLICY

1. INTRODUCTION

Family and Friends 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 allows athletes to have a distraction-free, private, secure experience while competing so that they can focus on their performances.

Family and Friends Code of Conduct:

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

Family and Friends are as much ambassadors for Triathlon Canada 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.

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

2. CODE OF CONDUCT / ROLE AS A FRIEND & FAMILY MEMBER

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

- a) Play by the rules;
- b) Remember that sport participation is for the athlete's enjoyment, not their own;
- c) Respect that doing one's best is as important as winning, so that they will never feel defeated by the outcome;
- d) Acknowledge accomplishments by offering praise for athletes competing fairly and training and competing to the best of their ability;
- e) 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;
- f) Remember that athletes, young and old, learn best by example and will acknowledge the good performances all team mates and all competitors;
- g) Be modest in victory and gracious in defeat;
- h) Not use alcohol, tobacco, e-cigarettes (vaping), or cannabis in any form during any activity associated with Triathlon NL, 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;
- i) Respect the autonomy of the Triathlon NL program and whenever possible will seek separate accommodations elsewhere than the official Team Accommodation.
 1. Respect that athlete rooms are off limits;
 2. Respect that athlete meetings are off limits unless specifically invited by the Triathlon NL team lead;

3. Respect that athlete team dinners are off limits unless specifically invited by the Triathlon NL team lead;
4. Agree to meet up with athletes only at approved times and places, as communicated by the Triathlon NL team lead.

3. ROLE WITHIN THE TRIATHLON NL COMMUNITY

At all times, Family and Friends will:

- a) Acknowledge the authority of competition officials and treat their roles and decisions with respect;
- b) Respect and show appreciation for all coaches, support team, staff members and volunteers who give their time to enhance participation in triathlon;
- c) Exercise self-control, treat others (athletes, coaches, officials, staff members, volunteers and fans) with respect and expect to be treated with respect in return;
- d) Refrain from taking part in any verbal or physical behaviour that constitutes harassment or abuse;
- e) Refrain from speak disparagingly of any other athlete, parent, friend, coach, official, staff member, administrator, volunteer or program.
- f) 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;
- g) Refrain from using profane, insulting, or otherwise offensive language;
- h) Reimburse the cost of any damage to equipment or any other property resulting from willful or negligent action on their part;
- i) Acknowledge that the Triathlon NL chaperones, staff, and coaches are responsible for athletes during competition, training sessions, at other events, and while travelling and that everyone must follow Triathlon NL policies.

4. BREACH

- a) A breach of any part of this Code of Conduct is sufficient grounds for an athlete's expulsion from an event and possibly future events, and/or suspension or expulsion from a team.