***Athlete Code of Conduct***

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in recognition of the rights and privileges accorded to me as a member of the Capital City Track Club (CAP), hereby pledge to live up to my responsibilities as an athlete and a member of CAP by following the CAP Athlete’s Code of Ethics, and specifically:

**I WILL RESPECT MY FELLOW ATHLETES, COACHES, ATHLETIC OFFICIALS, PARENTS AND SPECTATORS by:**

* Using appropriate language in appropriate tones when interacting with other athletes, coaches, athletics officials, parents, and spectators.
* Interacting with all athlete’s coaches, athletics officials, parents and spectators without regard to race, religion, colour, sex, sexual orientation, body type, disability, ability, or any other legally protected classification.
* Treating all athletes, athletic officials, parents and spectators with dignity and respect.
* Following the training, competitive programs and rules of conduct as agreed upon with my coach.
* Regularly seeking ways of increasing my athletic development and self awareness.
* Upholding the rules of athletics, the spirit of such rules and encouraging other athletes to do the same.

**I WILL DO MY BEST TO SUPPORT A SAFE ENVIRONMENT FOR MYSELF AND OTHER ATHLETES by:**

* Maintaining a high level of awareness of potentially unsafe conditions.
* Communicating and co-operating with registered medical practitioners in the diagnosis, treatment, and management of medical concerns.
* Participating in all Club testing and satisfying all Club program testing objectives.
* Supporting the protection of athletes from sexual molestation, assault, physical or emotional abuse.
* Avoiding unsafe practice or competition conditions.
* Using appropriate safety equipment necessary to protect myself and other athletes.

**I WILL SUPPORT A SPORTS ENVIRONMENT FOR CAPITAL CITY TRACK CLUB ATHLETES THAT IS FREE OF DRUGS OR OTHER BANNED PERFORMANCE ENHANCING SUBSTANCES BY:**

* Being free of drugs or other banned performance enhancing substances at all CAP and other athletic activities.
* Avoiding abusive use of alcohol.
* Never advocating nor condoning the use of drugs or other banned performance enhancing substances.
* Refraining from providing any type of drug or other banned performance enhancing substance to any of my fellow athletes.

**I WILL BE KNOWLEDGEABLE IN THE RULES UNDER WHICH I COMPETE, AND I WILL SHARE THIS WITH MY FELLOW ATHLETES BY:**

* Becoming knowledgeable, understanding and supportive of all applicable athletics, meet and Club rules, regulations, and policies.
* Sharing my understanding of the requirements for compliance with these rules with my fellow athletes.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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