



## PUGET SOUND SPEEDSKATING CLUB CODE OF CONDUCT

As affiliates of US Speedskating, we are expected to conduct our activities within the bylaws and rules of US Speedskating which include the USS Code of Conduct. This club has also created the "PSSC CODE OF CONDUCT" which we require all of our athletes and their parents abide. We ask you to read the following carefully so you know what is expected of you as a member of the club.

### GENERAL CODE OF CONDUCT FOR ALL PSSC MEMBERS

As a member of Puget Sound Speedskating Club, you are expected to meet the following requirements in regard to your conduct during any activity held or sanctioned by the club:

1. Maintain a high standard of personal behavior at all times, conducting yourself with integrity and honesty.
2. Respect the rights, dignity, and worth of others, regardless of their gender, ability, cultural background, or religion.
3. Be fair, considerate, and honest in all dealings with others.
4. Be courteous and accept responsibility for your actions.
5. Make a commitment to being a member of the club whose objective is to provide a quality service in a safe environment for the conduct of the sport.
6. Be aware of and maintain the standards, rules, regulations, and policies of the sport, and operate within the rules of the sport including national and international guidelines which govern the sport.
7. Do not use your involvement with the club to promote your own beliefs, behaviors, or practices when they are inconsistent with those of the club.
8. Refrain from any acts of physical or verbal aggression towards or harassment of others.
9. Refrain from any behavior that may bring the club into disrepute.

### SKATER'S CODE OF CONDUCT

As a skater/member of the club, you are expected to meet the following requirements in regard to your conduct during any activity held or sanctioned by the club:

#### Respect for Others

1. Respect the rights, dignity, and worth of fellow skaters, coaches, officials, and spectators.
2. Respect the talent, potential, and development of fellow skaters and competitors.
3. Abide by the rules and respect the decision of the officials, making all appeals through the formal process, and respecting the final decision.
4. Do not tolerate acts of aggression.

#### Personal Conduct

1. Be honest in your attitude and preparation to training. Work equally hard for yourself and the team and cooperate with coaches in their endeavor to prepare you for competition at the highest level.
2. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
3. Arrive in advance of training session start times and warm up in advance of the session commencing.
4. Wear all safety equipment required by US Speedskating during practices and competitions.
5. Behave with your coach as you would with a teacher, and listen and pay attention to instruction. Training should be fun but it is not play.

6. Conduct yourself in a considerate manner relating to language and temper. Language in a public place or relevant group situation must always be appropriate and socially acceptable.

## **SANCTIONS**

Breaches of this code shall be dealt with by the PSSC Board of Directors and/or PSSC Coach(es) and may include suspension, expulsion, and exclusion from the team. Since the coach-athlete relationship is critical to success, the coach(es) has the right to determine who they will and will not coach.

## **AGREEMENT**

I have read and understand the PUGET SOUND SPEEDSKATING CLUB CODE OF CONDUCT. I promise to always conduct myself in a manner that is consistent with these values, accept responsibility for my behavior, and the consequences of my actions.

### **Names of Athletes and Family Members**

### **Circle All that Apply**

1. Printed Name: \_\_\_\_\_  Parent  Athlete  Minor

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

2. Printed Name: \_\_\_\_\_  Parent  Athlete  Minor

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

3. Printed Name: \_\_\_\_\_  Parent  Athlete  Minor

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

4. Printed Name: \_\_\_\_\_  Parent  Athlete  Minor

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

5. Printed Name: \_\_\_\_\_  Parent  Athlete  Minor

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

6. Printed Name: \_\_\_\_\_  Parent  Athlete  Minor

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