

Woodstock Triathlon Club

Code of Conduct

As a condition of membership, all Woodstock Triathlon Club [WTC], athletes, coaches, volunteers and board members are expected to observe this Code of Conduct during club-sanctioned events and competitions where they are considered WTC ambassadors.

All Woodstock Triathlon Club members and athletes have a responsibility to:

Practice good sportsmanship, including but not limited to:

- Conduct their behaviour in a manner that demonstrates integrity and consideration for those around them, including refraining from the use of abusive language in any form
- Treat coaches, fellow athletes, club members, race officials, and the general public with the utmost due respect
- Adhere to the ethos of fair play and rules of the sport during competition, including avoidance of the use of performance enhancing drugs or other banned substances or methods
- Encourage fellowship and camaraderie among WTC members and those within the greater triathlon community

Be responsible for your own safety and the safety of others, including but not limited to:

- Obey traffic regulations during cycling and running practices/training
- Follow instructions from club coaches and race officials
- Wear safety-approved helmets during cycling practices
- Inform WTC coaches of any injuries or medical conditions that could impact your ability to train without further injury, jeopardize the recovery process, or in some way impact the safety of others training with them

Commit to improving sport-specific skills, fitness, and competition performance:

- Make reasonable efforts to follow the coached training regimen
- Give best efforts at each training session
- Arrive on time for coached sessions so as not to disrupt the training of others

Project a favourable image of the sport and of the Woodstock Triathlon Club:

- Support WTC and triathlon development within the province of Ontario by volunteering, where possible, your time at WTC initiatives and/or sponsored events that require volunteers.

- Refrain from public criticism, including media and social media, of coaches, members, other athletes, race officials, and others working on behalf of the sport.
- Utilize appropriate channels to voice conflicts or concerns.

Refrain from any form of bullying, harassment, discrimination, physical or verbal abuse:

- Bullying can be defined as hurtful interpersonal mistreatment of a person
- Harassment is defined as a conduct that is insulting, intimidating, offensive or physically harmful
- Abuse is an offense against a child or youth as outlined in provincial and territorial law, where a common characteristic is abuse of power and/or breach of trust, and must be reported to the police

Parents and/or Legal Guardians of athletes under the legal age of consent have an additional responsibility to:

Encourage the athlete to:

- Abide by the Woodstock Triathlon Club Code of Conduct
- Commit effort and hard work to the training program, but to remind the athlete to have fun
- Enforce competition rules, and to respect the final decisions of coaches and race officials

Refrain from:

- Forcing an athlete to participate in training or competition
- Engaging in any activity or behaviour that interferes with or endangers a training session or competition
- Coaching or giving instruction to athletes during training sessions without the explicit consent of the coach
- Direct negative comments towards other club members and athletes during club-sanctioned events or competitions