



## ATHLETE AGREEMENT AND TRAVEL CODE OF CONDUCT

*This must be completed by any athlete who represents the province of Nova Scotia..*

Athlete Name (please print): \_\_\_\_\_ RCA# \_\_\_\_\_

I hereby declare that I have read and fully understand the Row Nova Scotia ***Athlete Agreement and Travel Code of Conduct***, and agree to abide by the terms herein.

I agree to complete and file with Row Nova Scotia, the required ***Emergency and Medical Information and Consent Form***, and to ensure that I have a copy of same at all races or camps at which I participate.

I agree to ensure that I carry adequate health /medical insurance coverage, and that I will be responsible for any costs for medical treatment not covered by my insurance.

I agree to abide by the rules, bylaws, regulations, and/or laws of Row Nova Scotia, Rowing Canada Aviron, the province of Nova Scotia, Canada, any host jurisdictions, and host venues.

\_\_\_\_\_  
(Athlete Signature) Date: \_\_\_\_\_

\_\_\_\_\_  
(Signature of parent/legal guardian for Athlete under age 18)



The following *Athlete Agreement and Travel Code of Conduct* is for the benefit of the Athletes, coaches, volunteers, and all of Row Nova Scotia. Its purpose is to create the best possible environment for our athletes and coaches in which to strive to achieve excellence. An understanding of this agreement will clarify the responsibilities of participants, as well as those of coaching staff and designates and of Row Nova Scotia.

**General Responsibilities:**

- It is the responsibility of the athlete to ensure they are physically capable of participating in a scheduled Rowing event.
- It is the responsibility of the athlete to ensure that they have valid Health Insurance under the Nova Scotia Medical Services Plan.
- It is the responsibility of the athlete to ensure that, when traveling outside of Nova Scotia, they have adequate supplementary emergency medical insurance coverage.

**General Rules of Conduct:**

Nova Scotia athletes should always remember that they are ambassadors for the sport of rowing, for Row Nova Scotia and Rowing Canada Aviron (RCA).

Athletes should demonstrate good sportsmanship and show respect for others by winning with humility and losing with dignity; avoiding behaviour that could cause disruption or interference with other competitors during training or competition; striving to demonstrate a positive and supportive attitude towards themselves and others; working as a cooperative member of a team; being respectful of the equipment of others; and being responsible for the safe handling, care and maintenance of their own equipment.

**Each Row Nova Scotia Athlete shall:**

1. Avoid any behaviour that could reasonably be expected to significantly disrupt or interfere with a competition, training camp, or preparation of any athlete for an event;
2. Treat with respect, and avoid damage to, all property, facilities and equipment used for the purpose of training or competition, including but not limited to: rental accommodations, vehicles, host club facilities, equipment, and clothing of others. The athlete shall be held personally accountable for any such damage and will reimburse Row Nova Scotia directly for any such damage as determined by the coaching staff or the Row Nova Scotia approved chaperone;
3. Wear the provincial team uniform for racing in provincial regattas only;
4. Avoid the use of banned substances that contravene the rules of Rowing Canada Aviron, the International Olympic Committee (IOC), and the Canadian Policy on Doping in Sport. Athletes, in consultation with their coaches, have a responsibility to be aware of, and avoid the use of performance enhancing substances or practices (reference the CCES Substance Classification Booklet, to ensure medications being taken are not on the banned substance list. The Booklet can be accessed at the following website:  
<http://www.cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf>



5. Submit, without prior warning, to unannounced doping-control tests in addition to other prior-notice tests and submit at other times to doping-control testing when requested by Rowing Canada Aviron, Sport Canada, the Canadian Centre for Ethics in Sport (CCES) or other authorities designated to do so. Failure to submit to such testing may be grounds for immediate revocation of Row Nova Scotia membership and dues will not be reimbursed;
6. Avoid the possession of anabolic drugs and neither supply such drugs to others directly or indirectly nor encourage or condone their use by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance enhancing practices;
7. Refrain from the use or possession of illegal drugs as defined by the Criminal Code of Canada;
8. Refrain from smoking at any official rowing event;
9. Refrain from the consumption of alcohol during any event. Possession or consumption of alcohol by athletes who have not reached the age of majority in Nova Scotia is strictly forbidden during team trips, regardless of the drinking age in the host jurisdiction;
10. Adhere to the Laws of the host jurisdiction;
11. Adhere to the curfew and quiet times set by the coaching staff or chaperone if the athlete is staying/traveling with the team. There shall be no visiting in rooms during quiet times or after curfew;
12. Ensure that room visits involving athletes not rooming together will take place with doors opened and allowing a clear view of the room and occupants;
13. Agree to pay their share of coaching costs for an event if they are receiving **any** coaching support at the event. This cost would include coaching fees and the cost of the coach(es)' travel (transportation, accommodations, and meals);
14. Ensure that, if staying/traveling with other athletes, that the coach, or designate, is aware of and in concurrence with their whereabouts and activities at all times when away from the team accommodations or event site;
15. Read, understand and abide by the Row Nova Scotia Code of Ethics and Code of Conduct.

### **Resolution of Disputes and Disciplinary Procedures:**

Row Nova Scotia and the Athlete agree that alleged breaches and disputes relating to this Agreement shall be dealt with in a timely manner. Information relating to alleged breaches or disputes relating to this Agreement shall be kept confidential, and such information shall only be disclosed to outside parties with the express permission of Row Nova Scotia and the Athlete, unless such disclosure is required by law.

All members of Row Nova Scotia should undertake to resolve any differences or disagreements with another member, in good faith and in a non-confrontational and timely manner.

Minor breaches of discipline shall be dealt with by the coaching staff and/or the President and/or Vice- President, by discussing the problem with the athlete(s) involved.



Resolution of the problem could involve the imposition of disciplinary measures by the coaching staff, which may include withdrawal of training or competition privileges including entry to races. The Athlete agrees that if expelled from an activity for breach of this Agreement, the Athlete will be personally liable for any travel, accommodation or other costs associated with the event, including their share of the Coaching costs, incurred by Row Nova Scotia on their behalf. Agreement on reimbursement of these costs will occur prior to the expelled Athlete leaving the activity site. In these extreme circumstances, these actions will only be considered after at least a telephone review with the Row Nova Scotia Vice-President, and/or the Row Nova Scotia President, and the parents of any minor-age athlete.

If an informal approach fails to resolve the problem, or if there are persistent breaches of this Agreement, a formal complaint should be made to the Row Nova Scotia President. This formal (written) complaint should be preceded by notification of the parties involved within 24 hours of the problem occurring, and should include the following details:

- 1 – The time, date, and location of the problem;
- 2 – The name(s) of the person(s) alleged to have breached the Agreement;
- 3 – The name(s) of any person(s) who may have been wronged;
- 4 – The full name and address of the person(s) making the complaint;
- 5 – A specification of the rule or guideline broken;
- 6 – A description of the offensive behaviour and the effect on others or on the event in process;
- 7 – Any other relevant information.

A Review Panel will be set up within 14 days of receipt of this written complaint, by the Row Nova Scotia President and will include the Row Nova Scotia President (or designate), the Vice President (or designate), the head of Coaching staff at the event (or designate) and a representative of the person(s) alleged to have breached the Agreement.

The Athlete shall be notified of the scheduling of this review. All parties to the dispute may call witnesses and submit evidence and ask questions of the others involved.

A written record of the proceedings shall be made and may not be released by the panel except to the Board of Directors of Row Nova Scotia. The Review Panel will advise the complainant(s) of its decision within 60 days of receipt of the written complaint

All decisions of the Review Panel shall be final.

This process does not relate to protests connected with a decision by a race jury regarding actions which are covered by Rowing Canada Aviron rules and regulations.