



### Ontario Sailing - Athlete Code of Conduct

I, \_\_\_\_\_, am an athlete training and competing in the sport of sailing.

I understand that while competing, training and participating in the sailing community I must:

1. Work towards the attainment of my full potential in the lifelong sport of sailing. Respect fellow sailors, volunteers (parents, race officials...), club staff, Ontario Sailing/CYA staff and coaches.
2. Be gracious in victory and defeat, be co-operative, sportsmanlike and always remain a team player. I will remember that my actions on and off the water reflect not only on me but my sailing organization as well.
3. Regard the Racing Rules as a form of agreement. The Rules represent the spirit or letter which I shall not evade or break.
4. Treat all clubs, public areas, accommodation facilities, as well as other people's property as my own. I understand that any willful destruction of property or theft is not permitted. Full payment will be required for any destruction.
5. Not get involved in any act considered to be an offense under federal, provincial or local laws.
6. Act in a reasonable and acceptable manner; unacceptable behavior includes but is not limited to; unsportsmanlike conduct, willful damage to property, actions that would cause the Athlete to loose eligibility to compete in Olympic Games, or Major Games or in competitions sanctioned by Ontario Sailing, CYA or ISAF;
7. Avoid the use of Alcohol at any time if underage while participating, training or competing in Sailing regattas, camps and functions and for those of age should drink responsibly at all times, remembering that they are role models and representatives of their club, Ontario Sailing and the CYA;
8. Avoid the use of banned substances in contravention to the rules of ISAF, IOC, the Canadian Anti-Doping Program (CADP), Ministry Health Promotion, Quest for Gold and Sport Canada policy and 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 Ontario Sailing, CYA, Sport Canada, the Canadian Centre for Ethics in Sport (CCES) or other authorities designated to do so.
9. Avoid possession of anabolic drugs and substances illegal under Canadian laws, and shall neither supply such drugs directly or indirectly to others, 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
10. Participate in any Doping Control/Education Program as formulated by Ontario Sailing and CYA in cooperation with Sport Canada or other organizations designated by Ontario Sailing;
11. Enjoy the sport!

I understand that any disciplinary problems which arise shall be investigated by the regatta jury, Ontario Sailing or CYA personnel on site. If it is decided that individuals are not adhering to the above guidelines, the following actions may be pursued;

- a) Termination of individual's participation in the given event.
- b) Removal of individual's right to compete in future related events,
- c) Withdrawal of funding for future Ontario Sailing/CYA/Club events/teams.
- d) Individual may be subjected to further discipline by Ontario Sailing CYA and/or club.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

**REMEMBER...** "You haven't won the race if in winning the race; you have lost the respect of your competitors." (Paul Elvstöm)