

CODE OF CONDUCT

ASSOCIATION DE
HOCKEY MINEUR
HUDSON RIGAUD ST-LAZARE



ADMINISTRATORS' CODE OF CONDUCT

Decision-making power rests in the hands of administrators. They bear the ultimate responsibility for the quality of sports or recreational activities. Administrators must ensure that the conduct of these activities aligns with educational and social values.

To properly fulfill their role, administrators must:

- Recognize the participant as the priority guiding all decisions and actions;
- Ensure equal opportunity for all participants, regardless of age, gender, or skill level;
- Ensure that participants receive supervision from competent individuals who respect the organization's principles;
- Promote sportsmanship, social and civic engagement, and solidarity;
- Encourage all volunteers to take part in training or professional development sessions;
- Take all necessary measures to value and demand respect toward officials;
- Take all necessary measures to ensure the safety and integrity of each participant;
- Ensure that facilities, equipment, and rules of play meet the participants' interests and needs;
- Maintain good relationships and communication with the media, the public, and all organizations or individuals associated with the organization;
- Plan activities in such a way that no staff member (coach, administrator, therapist, volunteer, official, etc.) is ever alone with a participant in a private, enclosed space, whether physical (room, locker room, car) or virtual (messaging platform, social media);
- Review the guidelines available at www.sportbienetre.ca;
- Use social media, the internet, and other electronic media ethically and respectfully toward colleagues, coaches, and leaders, and refrain from using them to provoke opponents or other members;
- Ensure that everyone is treated with respect and fairness.

COACH AND VOLUNTEER CODE OF CONDUCT

A coach must first and foremost be aware of the importance of their role and the significant influence they have on participants and their surroundings. They are entrusted with an educational mission—fostering physical, moral, and social development—and must prove themselves worthy of this responsibility.

Coaches must prioritize the well-being and interests of their participants over performance outcomes. Sport and recreation should be viewed not as ends in themselves, but as tools for education.

To fulfill their role successfully, coaches must:

Physical Safety and Health of Participants

- Ensure that all training, competition, and activity sites are safe at all times;
- Be ready to respond quickly and appropriately in case of emergency;
- Avoid placing participants in situations that pose unnecessary or inappropriate risks;
- Strive to protect the present and future health, safety, integrity, and well-being of participants;
- Obtain parental authorization before transporting a minor participant to or from a practice, competition, or activities;
- Coach responsibly;
- Use the authority associated with their role wisely and make decisions in the participants' best interests;
- Foster participants' self-esteem and confidence;
- Avoid taking personal advantage of any situation or decision;
- Recognize their limits in knowledge or competence when making decisions, giving instructions, or taking action;
- Honor commitments, promises, and agreed-upon objectives;
- Maintain confidentiality and appropriately handle personal and private information;
- Use social media, the internet, and other electronic media ethically and respectfully toward colleagues, coaches, and leaders, and refrain from using them to provoke opponents or other members;
- Refrain from consuming alcohol or drugs while carrying out their duties and educate players on the risks of substance use and doping;
- Ensure that everyone is treated with respect and fairness.

Integrity in relationships

- Avoid situations that may compromise the objectivity, impartiality, or integrity of their role;
- Refrain from any behavior that constitutes abuse, harassment, neglect, violence, or any inappropriate relationship with a participant;
- Plan all activities to ensure that no coach is ever alone with a participant or other individual involved in the sport in a private, enclosed setting—whether physical (room, locker room, car) or virtual (messaging platform, social media);
- Neither distribute nor tolerate the use of drugs, medications, or stimulants intended to enhance performance, such as smelling salts, etc.

Respect

- Ensure that everyone is treated equally, regardless of age, ancestry, color, race, citizenship, ethnic origin, place of origin, language, belief, religion, athletic potential, disability, family situation, marital status, gender identity, gender expression, sex, or sexual orientation;
- Preserve the dignity of each person in all interactions;
- Respect all applicable rules, principles, and policies.

Honor in sport

- Strictly observe and enforce all regulations;
- Seek fair and honest competition with opponents;
- Maintain dignity and self-control in all circumstances;
- Respect officials and accept their decisions without questioning their integrity.

PLAYER / ATHLETE / PARTICIPANT CODE OF CONDUCT

To fully benefit from sports or recreational activities, players, athletes, and participants must adopt attitudes and behaviors that reflect true sportsmanship and camaraderie. What matters is not winning or losing, but the way in which one participates. One must never forget that it is, above all, a game.

To get the most enjoyment from participation, every player, athlete, or participant must:

- Play for fun, remembering that sport or recreation is a means, not an end;
- Strictly follow the rules of the game and the principles of sportsmanship;
- Always accept and respect officials' decisions;
- Show respect at all times toward officials, opponents, and their supporters, who must never be treated as enemies;
- Always maintain self-control;
- Display exemplary conduct on and off the field, using language free of insults, vulgarity, or profanity;
- Respect coaches and leaders and follow their directions, provided they do not compromise personal well-being;
- Give their full effort in play, avoiding discouragement in defeat and arrogance in victory;
- Respect others' property and refrain from theft or vandalism;
- Reject and refuse the use of drugs, medications, or stimulants intended to enhance performance, such as smelling salts, etc.;
- Understand that any form of abuse, harassment, neglect, violence, or inappropriate behavior is not tolerated, and promptly report any such incident—toward oneself or another—to a coach or person in authority;
- Use social media, the internet, and other electronic media ethically and respectfully toward colleagues, coaches, and leaders, and refrain from using them to provoke opponents or other members;
- Ensure that everyone is treated with respect and fairness.

PARENT CODE OF CONDUCT

Parents who care about their child's development must take an interest in their well-being and understand the educational values promoted through sport or recreation. They must therefore support the use of sports and recreational activities as means of education and self-expression, ensuring their child benefits fully.

To fulfill their responsibilities effectively, parents must:

- Show respect toward coaches, leaders, and officials;
- Behave appropriately and use suitable language;
- Avoid verbal aggression toward participants and support all efforts made to prevent it;
- Never forget that their child participates in sport or recreation for their own enjoyment, not their parents';
- Encourage their child to respect sportsmanship, game rules, and team or program guidelines;
- Acknowledge good performances—both their child's and those of opposing participants;
- Help their child focus on improving skills and developing sportsmanship and camaraderie;
- Teach their child that honest effort is as valuable as victory;
- Assess their child's abilities objectively and avoid projecting personal expectations;
- Help their child choose activities that match their interests;
- Never ridicule a child for making a mistake or losing;
- Encourage their child, by example, to respect rules and resolve conflicts without aggression or violence;
- Use social media, the internet, and other electronic media ethically and respectfully toward colleagues, coaches, and leaders, and refrain from using them to provoke opponents or other members;
- Ensure that everyone is treated with respect and fairness.