

THE FOLLOWING RULES APPLY TO ALL SKATERS AND TEAM LEADERS

The *Québec Team's Rules of Conduct* has been established because of the demanding nature of the competitions in which Québec Team members' participate and, in accordance with the seven values promoted by Patinage Québec.

QUÉBEC TEAM'S VALUES

- ✓ Respect for others
- ✓ Wellbeing, safety and protection for everyone
- ✓ Fair and equitable treatment for everyone
- ✓ Respect for laws and rules
- ✓ Team spirit
- ✓ Responsibility and self-discipline
- ✓ Performance and achieving goals

All Québec Team's athletes must, without exception, follow the rules listed below or be subject to penalties.

1. Respect.

Each person must behave in a manner that is respectful to her or his team mates, team leaders, other athletes, coaches, officials, volunteers or any other person. Any inappropriate behaviour, which shows a lack of civility or respect towards others, will be deemed in violation of the *Québec Team Rules of Conduct*.

The following behaviours are considered unacceptable and are subject to penalty:

- Harassment (of all types);
- Physical violence;
- Verbal abuse and insults;
- Material theft or damage caused deliberately or through carelessness;
- Violation of, or con-compliance with, a law or regulation.

2. Team spirit

Everyone must demonstrate a positive team spirit and good sportsmanship at all times. It is advisable to show support for all athletes involved in a competition, whether they are from the Québec Team or another delegation. Decisions rendered by officials must also be respected, whether or not they are in your favour.

3. Dressing Code

The track suit jacket "or" winter coat "and" the leggings / pants must be worn at all competition related activities for the duration of the competition.

4. Medication

Use or possession of illegal drugs is strictly forbidden. Only medication prescribed by a medical doctor and allowed by Skate Canada is permitted. Athletes are required to notify team leaders of the Québec Team about any medication they must take.

5. Alcohol

Alcohol is forbidden for under aged skaters. Excessive use of alcohol by skaters of legal age will not be tolerated. Take note that the "legal age" for alcohol use may be different regarding the law in the province where the events take place

6. Tobacco

The use of tobacco in any form is strictly prohibited

7. Curfew

Curfew (time to be back in the hotel room) is determined according to the age of the athletes and the competition schedule. Compliance with the curfew is mandatory in order to help each athlete achieve peak

individual performance and out of respect for athletes who may have to compete on the Saturday and/or Sunday.

8. Authorisation

Skaters may participate in social activities outside the hotel provided they have obtained permission from a team leader and they abide by the curfew. Skaters who leave the premises must give a phone number where they can be reached at all times.

9. Visitors

Visitors (parents, friends and team mates) are allowed in the athletes' hotel rooms. However, team leaders may, at their discretion, limit the number of visitors, the frequency and time of such visits, to maintain order. When visitors are present in the room, the skater must put the latch on the door so that it remains ajar.

10. Sanctions

Any violation of the *Québec Team Rules of Conduct* will be subject to one or more penalties, to be determined by members of the Québec Team Committee. Penalties will be determined according to the number of violations and their severity. Possible penalties include:

- a) **Disqualification from financial assistance programs** – The athlete may be disqualified, in part or in whole, from financial assistance programs offered by a Québec or Canadian organization during the current year.
- b) **Reimbursement of costs** – The athlete may be required to reimburse Patinage Québec an amount equivalent to, or a percentage of, the cost of transportation and lodging incurred for the competition in which the athlete was a participant.
- c) **Automatic dismissal** – The athlete may be dismissed from the competition and sent home at his or her own expense.
- d) **Team expulsion** – The athlete may be temporarily or permanently expelled from the Québec Team.

11. Contesting

Athletes may appeal one or more penalties issued by the Québec Team Committee by filing a review application with the Québec Team Committee Chairperson, or Patinage Québec Chairperson, within 30 days of the date of the penalty(ies). The review application must be submitted in writing and clearly indicate the facts and grounds for review. Once the review application is received, a review committee composed of three persons (including the Québec Team Chairperson) is set up to study the review application and assess its merits. The review committee's decision is final and without appeal.

NOTA: The form outlining the Québec Team rules must be dated and signed by the athlete and returned during the Section Championship to the person in charge of registration. If an athlete is under 18 years of age, the signature of a parent or legal guardian is required

I _____ (athlete's name) admit to have received, read and understood the <i>Rules for the members of the Québec Team</i> and pledge to abide by these rules during the total duration of the competition(s) into which I participate.	
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Athlete's signature	Date
Parent's or Tutor's signature	Date