



Annex 3

RULES OF CONDUCT OF THE PARENT

Patinage Québec believes that parents' influence on Team Quebec athletes is important. We also understand the importance of parents. In order to demonstrate the example and smooth running of national competitions, parents will also have to follow a code of conduct.

Code of Conduct for Parents

Parents have a great influence on the athletes' experiences at competitions and in their practice environment. The relationship between an athlete and their parent and how parents behave in a skating environment determines the quality of an athlete's experience. The athlete's well-being and fulfillment is a priority for the parent far beyond performance and victory.

- The parent must not have unrealistic expectations of the athlete. He is aware that athletes are not professionals but developing athletes;
- The parent strives to understand the requirements of basic skating programs to ensure that ignorance does not distort his judgment of the decisions of coaches and officials;
- The parent should always have a positive and responsible behavior. He must communicate to their child / athlete that they expect him to behave the same way;
- The parent respects the athletes, parents, coaches, chaperones of Team Quebec as well as officials and people from other provinces. He acts with courtesy and never ridicules an athlete who made a mistake during the competition. Rather, he makes positive comments that motivate and encourage continuous effort;
- The parent respects all official decisions and encourages athletes and coaches to do the same;
- The parent must refrain from any blasphemous, insulting, intrusive, sexist, racist, offensive or disrespectful behavior or comment. All without hostility or violence (physical and psychological);
- The parent, the coach and the athlete are considered members of the same team whose main concern is the overall progress and development of the athlete. The role of the parent in this team is to encourage, support the coach's decisions and support his athlete in his development as well as provide him with any necessary need for his success;
- The parent respects the rules that have been issued for athletes regarding authorizations for social activities, visitors and the rule of the responsible training movement at national competitions;
- The parent will set an example and encourage the athlete to maintain a good balance between skating and their lives, balanced and healthy food choices, and an active and healthy lifestyle;
- The parent will never provide illegal drugs as well as tobacco and cannabis. Only medications prescribed by a physician and licensed by Skate Canada are permitted. Athletes are asked to advise the Team Québec coaches about the medications they must take. Please see the list of the World Anti-Doping Agency: <https://www.wada-ama.org/en/content/list-of-barrels>



The use of any substance that artificially improves the performance of the athlete is strictly prohibited. Any athlete who could be tested positive will be expelled immediately from the team until the appropriate expertise is carried out by the competent authorities in the matter;

- The parent will abide by the curfew (entrance time to the hotel room) of the athlete which is determined by the age of the athletes and the competition schedule. The curfew must be respected during national competitions to maximize the individual performance of each athlete and to respect athletes whose competition is not over;
- The parent openly supports this code of conduct and takes steps to ensure that other parents respect and support this code.