



Policy Rules of Team Quebec		
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In this document, the terms used to refer to people are taken in the generic sense; they are both feminine and masculine.

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1. PREAMBLE

Team Quebec consist of skaters ranging from Pre-Novice to Senior level in the following categories: Single, Pair and Ice Dance, who must qualify during provincial competition to represent Quebec at the national level. Team Quebec is managed by the Team Quebec and Events Coordinator as well as by the Team Quebec and Events Director, under the supervision of Operations and General Management.

2. OBJECTIVE

The objective is to allow Team Quebec athletes to participate in national competitions without having to worry about planning and managing their travel and accommodation as well as on-site management during competitions, giving them an optimal situation and mindset in order to reach their best performances during the competition. We also want the athletes who represent Quebec to do it with pride and a concern for well-being.

3. FOR WHO

This policy applies to all athletes, chaperones, parents and coaches who will be part of the Team Québec.

4. SITUATION

We must have rules to create harmony and to have a good representation at the national level. We want our athletes from Team Québec to perform at the best of their development. That our coaches and parents set an example for their athletes and that our team leaders can respond as accurately as possible to all the questions and ensure the well-being of all, throughout the event.

5. GENERAL RULES FOR ATHLETES, TEAM LEADERS, COACHES AND PARENTS

Having multiple levels of membership, some rules apply to everyone and others will be more specific. Here are the rules that apply to all members involved with Team Québec.

5.1 Respect:

All must demonstrate exemplary behavior at all times with teammates, team leaders, skaters from other delegations, coaches, officials, volunteers and others. Any inappropriate behavior that demonstrates a lack of civility and respect for others is considered to contravene the Rules of Conduct of Team Québec.

The following behaviors are unacceptable:

- Harassment (in any form);
- Physical violence;
- Verbal abuse and insults;
- Theft of equipment or breakage caused voluntarily or recklessly;
- Violation or non-compliance with a provision of a law or regulation.

"I respect my sport, my delegation both on and off the ice!"

5.2 Courtesy

Create a context conducive to courteous exchanges by showing consideration, politeness and using appropriate language.

5.3 Team spirit:

All must demonstrate, at all times, a good team spirit and a spirit worthy of a good sportsman. Thus, it is desirable to encourage all the athletes of the competition, whether they are from Team Québec or another delegation. The decisions of the officials must also be respected, whether they are favorable to you or not.

5.4 Alcohol:

Alcohol consumption is prohibited for minor athletes. Excessive alcohol consumption is not tolerated for adult athletes. It should be noted that the legal age for the consumption of alcoholic beverages may vary according to the law of the province where the event is held.

Team leaders, parents and coaches may consume alcoholic beverages in moderation, taking into account their availability to respond to emergencies 24 hours a day.

For team leaders, it is forbidden to consume alcohol:

- In the presence of athletes;
- During your work schedule, even between two periods;
- Inside the Team Québec room and at the competition venues.

5.5 Tobacco:

The use of tobacco, in all its forms, is strictly prohibited during the entire period during which the athletes are part of the team. The use of tobacco in all its forms is strictly prohibited for parents, coaches and chaperones in the presence of athletes. Parents, coaches and team leaders may only use tobacco in designated areas.

5.6 Cannabis:

The use of cannabis, in all its forms, is absolutely forbidden during the whole period during which the athletes are part of the team. The use of cannabis, in all its forms, is strictly prohibited during competitions (hotel, arena, etc.) and in the presence of athletes for parents, coaches and team leaders.

5.7 Visitors:

Visitors (parents, friends and teammates) are allowed in the athletes hotel rooms only if government authorities and hotel rules allow it during this time of pandemic. However, the Team Quebec team leaders may, at their discretion, limit the number of visitors, the frequency and time of visits to hotel rooms in order to maintain order. When visitors are present, the skater visited must put the latch on his door so that the door is ajar.

5.8 Responsible Training Movement Rule:

Each coach, parent and team leader must respect the 2 for 1 rule when in the presence of an athlete in the same hotel room. No exceptions will be tolerated.

5.9 Authorization:

It is permitted to participate in social activities, outside the hotel, on the condition of obtaining the authorization of one of the team leaders of Team Quebec and to respect the curfew as well as the rules put in place in the context of the pandemic. When the skater is absent, he must give a number where he can be reached at all times.

5.10 Signing of the rules of conduct

When registering for Team Québec online, the parent and the athlete must sign to confirm that they have read and understood the terms of the said policy and the rules of conduct of the parent and / or the child athlete.

6. SEPCIFIC RULES FOR TEAM QUEBEC ALTHLETES

Team Quebec Specific Rules have been established because of the demanding nature of the competitions in which its members compete and the following seven (7) values:

Values of Team Quebec

- ✓ Respect for others;
- ✓ The well-being, security and protection of all;
- ✓ Fair and square treatment for all;
- ✓ Respect of laws and regulations;
- ✓ Team spirit;
- ✓ Accountability and self-discipline;
- ✓ Performance and goal achievement.

All skaters of Team Quebec must, without exception, comply with the following rules under risks of consequences.

6.1 Dress code

Athletes are required to wear the colours of the delegation at all times and with pride, including the vest, winter coat and leggings / trousers when participating in national competitions (Challenge and Canadian Tire National Skating Championships).

6.1.1 The cost of the clothes.

It is mandatory for skaters to purchase the winter coat, vest, and leggings for girls or trousers for boys. However, the purchase of the camisole for girls and the long sleeves sweater for boys is optional. Skaters must purchase clothing when registering for Team Quebec:

Winter coat:	\$ 196.00 (plus taxes and administration fees);
Vest:	\$ 71.00 (plus taxes and administration fees);
Leggings / trousers:	\$ 55.00 (plus taxes and administration fees);
Camisole:	\$ 39.00 (plus taxes and administration fees);
Long sleeves sweater:	\$65.00 (plus taxes and administration fees).

In this pandemic year, only new skaters who have never been members of Team Québec will need to purchase the new Team Québec clothing line. All other skaters can keep their current clothing for this season, if they wish.

Skaters who have participated in international competitions may not, under any circumstances, wear their Skate Canada clothing, or penalties will be given to skaters who fail to comply with this rule depending on the frequency of warnings (see Rules document).

6.2 Medication:

Consumption or possession of illegal drugs is strictly prohibited. Only medications prescribed by a physician and allowed by Skate Canada are permitted. Athletes are asked to advise the Team Québec team leaders about the medications they must take. Please consult the World Anti-Doping Agency list: <https://www.wada-ama.org/fr/content/liste-des-interdictions>

The use of any substances designed to artificially improve 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.

6.3 Curfew:

The curfew (the time of entry to the hotel room) is determined by the age of the athletes and the schedule of the competition. The curfew must be respected in order to maximize the individual performance of each athlete and respect the athletes whose competition is not over.

During the competition		After the competition	
13 years and under	9:00pm	13 years and under	11:00pm
14 to 15 years	10:00pm	14 to 15 years	Midnight
16 to 18 years	11:00pm	16 to 18 years	1:00am
19 years and over	Midnight	19 years and over	2:00am

6.4 Punctuality

It is important to be present at the time indicated during the events (practices, competition and transportation). If you cannot respect the time requested, it is important to notify the person in charge as soon as possible.

6.5 Table of sanctions:

Any violation of the Team Québec's Rules of Conduct will be subject to one or more penalties, which will be determined by the members of the Team Quebec Committee. The nature of the sanctions will be determined by the number of violations committed and their seriousness. Possible sanctions are:

- a) **Warning letter** for a note on file for the next season;
- b) **A fine** to be paid according to the frequency and nature;
- c) **Exclusion of financial assistance programs**– The athlete may be excluded, in whole or in part, from any financial assistance program offered for the current year by a Québec or Canadian organization;
- d) **Reimbursement of expenses** – The athlete may be required to reimburse, to Patinage Québec, an amount representing all or a percentage of the transportation and accommodation expenses incurred during the competition in which the athlete participated;
- e) **Automatic return** – The athlete may be returned home at his own expense;
- f) **Expulsion of the Team** – The athlete may be temporarily or permanently excluded from Team Québec.

The following sanctions table will serve as a guide for the various punishments that may be applied when there is a breach of the code of conduct.

The sanction will remain in the athlete's file for a period of one year, which means for the next season.

6.5.1 TEAM QUÉBEC

Code of disciplinary sanctions (Depending on the severity of the situation, the severity of the sanction will remain at the discretion of the committee)	Minor	Warning letter
	Moderate	A fine is imposed depending on the severity of the act between \$100.00 and \$200.00
	Severe	A fine of \$300.00 or more or exclusion or expulsion depending on the severity of the action
Scale of severity of sanctions	Number from 1 to 9	

5.6.2 Tableau des sanctions de l'Équipe du Québec

Échelle de gravité des sanctions	Sanctions	Situations problématiques												
		Respect	Esprit d'équipe	Tenue vestimentaire	Couvre-feu	Autorisation	Visiteurs	Médication	Règle du Mouvement d'Entraînement Responsable	Blessure	Alcool	Tabac	Canabis	
1	Lettre d'avertissement	1	1	1	1	1	1	1	1	1	1	1	1	1
2	Amende de 100.00\$	2	2	2	2	2	2	2	2	2	2	2	2	2
3	Amende de 200.00\$	3	3	3	3	3	3	3	3	3	3	3	3	3
4	Amende de 300.00\$	4	4	4	4	4	4	4	4	4	4	4	4	4
5	Amende de 400.00\$	5	5	5	5	5	5	5	5	5	5	5	5	5
6	Exclusion des programmes d'aide financière	6	6	6	6	6	6	6	6	6	6	6	6	6
7	Remboursement des frais	7	7	7	7	7	7	7	7	7	7	7	7	7
8	Renvoi automatique	8	8	8	8	8	8	8	8	8	8	8	8	8
9	Expulsion de l'Équipe	9	9	9	9	9	9	9	9	9	9	9	9	9

NOTE 1: Si le comportement de l'athlète ne s'améliore pas, les sanctions se poursuivront selon l'échelle des sanctions.

NOTE 2: La sanction monétaire pourra être remboursée à l'athlète si son comportement est irréprochable pendant la prochaine saison.

Example: if the sanction is received during the 2020-2021 season, it will remain on file for the 2021-2022 season and the file will be revised according to the behavior of the current season 2022-2023.

6.6 Guiding principles

- The rules of conduct ensure the proper representation of Team Quebec in respect;
- They guarantee the optimal performance of athletes and the safety of all;
- They enforce the Responsible Coaching Movement rule, the 2 for 1 rule that is described in this policy.

6.7 Complaint Resolution Procedure

Any athlete may contest one or more sanctions imposed by the Team Quebec Committee by submitting a request for review to the head of the committee or to the President of Patinage Québec, and this, at the latest within 30 days of the date of the sanction (s). The request for review must be in writing and must clearly state the facts and grounds for reconsideration. Upon receipt of the request for re-examination, a review committee consisting of three (3) people including the Chair of the Team Quebec Committee will be formed to study the application for review and assess its merit. The decision of the review committee is final and without appeal.

The members of the complaints committee are:

- The General Manager;
- Director – Team Quebec Sector and Events;
- Coordinator of Team Quebec and Events

6.8 Registration for Team Quebec

The fees charged by Patinage Québec include your accommodation, your transportation, your access to the skaters lounge, your snacks offered at the skaters lounge*, the presence of team leaders who devote their time to the skaters, etc.

* Note that snacks are primarily for skaters as a complement and do not replace a meal. Parents can have coffee. Snacking early in the morning is also possible.

6.8.1 Pre-Novice to Senior Category:

A fee of \$475.00 (plus taxes and administration fees) is payable upon confirmation of in person events. You can pay by credit card. If the National Championships are done virtually, Patinage Québec will not charge a registration fee related to the Team Québec registration.

Please note, if a skater qualifies in two different categories, the skater will pay the Patinage Québec fee only once, which is the highest fee. However, the skater must pay Skate Canada fees for both categories.

6.8.3 Member of the Senior National Team:

Members of the Senior National Team have no expenses to pay for registration to the Team of Quebec, nor for registration fees for national competitions.

6.9 Optional category

When the number of skaters eligible for the Canadian Championships is not reached, Skate Canada makes certain categories optional for the Challenge. If a skater decides not to participate in the Skate Canada Challenge, as his category is optional, he must notify Patinage Québec within 48 hours following the official announcement of the optional categories, and pay the same fees for Patinage Québec as the other competitors. No discounts are available for optional categories.

6.10 Skate Canada Fees

6.10.1 Skate Canada Challenge

The registration fees for this competition must be paid when you register for Team Quebec at the Sectionals "A" Championships. Fees are determined annually by Skate Canada and will be sent to you as soon as possible.

6.10.2 Canadian Championships

If the skater qualifies for the Canadian Championships at the Skate Canada Challenge, registration fees must be paid locally at the Team Quebec Room. Fees are determined annually by Skate Canada and will be sent to you as soon as possible.

7. SPECIFIC RULES FOR COACHES

The coaches concerned are those who have athletes who have qualified for Team Quebec. These coaches must have valid national level certification for Novice and above athletes and provincial level for Pre-Novice athletes.

7.1 Accreditation

- Make sure you have your Patinage Québec coach card valid for the current season, otherwise your accreditation will be refused.
- You must have the following certifications:
 - Challenge: Pre-Novice category: "Provincial Coach";
 - Challenge: Novice category and above: "National Coach";
 - Canadian Championships : « National coach »;

❖ No waivers are granted by Skate Canada.

7.2 Additional considerations

- Coaches in the process of obtaining NCCP certification may be considered for accreditation provided that they obtain the required training or training status as specified in the NCCP Training and Certification Pathway. Ex: Pre-Novice category: the coach who has the "Provincial Trainer in Training" status could receive accreditation;
- Non-resident coaches who do not practice their duties in a Skate Canada club or skating school may be considered for accreditation provided that a valid certification attestation is provided at the time of registration. The competition and on the spot at the events. Foreign coaches must apply for accreditation directly to the Skate Canada Training and Skate Programs at least two weeks prior to the event, by email at coaching@programs@skatecanada.ca or by phone at 1-613-747-1007 or 1-888-747-2372 ext. 2504. Please see Skate Canada's accreditation policy for complete information;
- At most, two coaches per registration will be accredited. Only two people chosen by the skater will be admitted at ice level. You must respect the number of two coaches to accompany your skater during practices and competition.

7.3 Accommodation

Patinage Québec takes care of reserving the necessary rooms for the skaters. If a coach wishes to reserve a room at the official hotel of the competition, it is his duty to advise Patinage Québec before the deadline. To do so, he must complete the room reservation Form available on the Patinage Québec website and send it to the coordination team of Team Quebec and events before the date requested on the said document.

7.4 Injury

In the event of injury to a selected athlete on Team Quebec, the coach must immediately notify the High Performance Department of Patinage Québec. A paper signed by a doctor, physiotherapist or other specialists will be required. On this paper, it will be necessary to indicate the type of injury and the duration of the necessary recovery as well as the treatments that are recommended and offered to the athlete. Patinage Québec has the right to have the athlete evaluated by a specialist of their choice before making the decision as to whether the athlete is able to join the team and compete in the competition (Challenge and / or Canadian). Patinage Québec reserves the right to substitute the athlete, if he is not able to compete at 100%.

8. SPECIFIC RULES FOR PARENTS

The parents concerned by this policy are those with children on Team Québec. Parents must read the athlete's rules of conduct and make sure that their child reads them.

Parents also have rules of conduct to follow. The document is attached to the policy.

8.1 Registration with Team Quebec

A skater 19 years or younger must be accompanied by a parent or guardian to complete the medical questionnaire and the release of responsibilities, when registering for Team Quebec.

8.2 Obligation of the parent

8.2.1 Transportation

A skater aged 13 and younger **must be** accompanied by a parent even when traveling by plane.

It is the parent's responsibility to ensure that the athlete has valid travel insurance.

8.2.2 Accommodation

Any parent with a child aged 17 and younger **has the obligation to** accompany their child for the duration of their stay except for travel.

8.2.3 Non-presence of a parent

If the parent cannot be present, he must sign and send the parental power of attorney found in Schedule 3 of the policy. In either case, the parent cannot be present; he can name another responsible adult. The parent must sign and send the parental power of attorney found on the Patinage Québec site and return it to the coordination team at the Quebec Team and Events.

8.2.4 Roommate

Public health rules must be observed at all time. In the event that the guidelines allow it, if two skaters aged 17 and younger decide to share their room, they must still have a parent or a responsible adult in the room for the duration of the skaters' stay.

Exception Clause: An athlete who has reached the age of 16 on July 1st and has participated in International Junior or Senior competitions and has behaved in an irreproachable manner may cohabit with another athlete without the presence of a relative in the room.

8.3. Discharge of responsibility :

Any parent who cannot accompany their child to the Challenge Championships or Canadian Championships will be required to sign and have the parental power of attorney in Annex 3 of the policy signed.

8.4 Payment and reimbursing terms

8.4.1 Sharing with another skater:

Public health rules must be observed at all time. In the event that the guidelines allow it, if a skater decides to share his room with another skater, he must provide the name of the skater when registering with Team Québec and the room will be paid entirely by Patinage Québec.

8.4.2 Sharing with a family member or others:

Public health rules must be observed at all time. In the event that the guidelines allow it, if the skater decides to share his room with a member of his family or his coach, Patinage Québec will reimburse 50% of the cost of the room. According to the terms of the hotel, you will either have to pay the total amount upon your arrival at the hotel and send us the invoice upon your return to obtain the refund of 50% or Patinage Québec will assume 50% of the cost of the room on the master account.

**** Non-accommodation expenses shown on the invoice will be at the parent's expense.**

8.4.3 Reimbursement by Patinage Québec

In order for Patinage Québec to reimburse 50% of the accommodation cost, you must send a copy of the hotel invoice no later than 30 days after the event, either by e-mail, by fax or by mail to the attention of Tam Québec and Events Coordinator.

9. SPECIFIC RULES FOR TEAM LEADERS

The team leaders are the persons in charge of the Team Québec athletes during the national competitions. Each team leader must take care of a certain number of athletes during the said competition. The team leaders are under the responsibility of the Director – Team Quebec and events.

Patinage Québec is responsible for their accommodation and transportation on site. A per diem is allocated for their meals.

All team leaders must have completed the "Respect and Sport for Activity Leaders" certification and must have their current criminal history check updated.

9.1 Clothing:

Always wear the Team Québec clothing (vest or winter coat) when traveling by bus or plane. Only dress black pants are accepted. Plan an evening outfit for the Canadian Championships.

9.2 Car or van (if bus service is not reserved for this purpose):

Use the vehicle for emergencies and purchases for the Team Québec lounge.

9.3 Cell phones:

Provide your personal cellular number and send the invoice to Patinage Québec if there are any excesses to your usual plan.

9.4 Communication and respect between team leaders

Following emergency or rapid changes

- Have to act quickly and sometimes, to the detriment of the rules and procedures established at the outset;
- Inquire discreetly with the team leader in question, about the reason for this initiative.

9.5 Principles of the team leader:

- Physical safety and athlete's health;
 - Act responsibly;
 - Integrate respect with the relations with others;
 - Honour of the sport.
- * Details of the principles can be found in the accompanying guide.

9.6 Positive team leader Checklist

- I treat athletes with respect;
- I avoid sarcasm, denigration and ridicule;
- I congratulate the athletes for their presence;
- I search for the positive and mention it publicly;
- Remind athletes not to be discouraged by adversity;
- I encourage laughter and a sense of humor;
- I stay calm when athletes make mistakes;
- I am a model of good sportsmanship;
- I do not encourage bragging during victories;
- I encourage athletes to treat opponents and officials with respect and fairness;
- I encourage athletes to congratulate the opponent in the victory or defeat.

* Details of the checklist can be found in the accompanying guide.

9.7 Responsibilities of Team Quebec and Events Director

- Validate all information, reservations and the choice of team leaders and their assignment (s);
- Attend Skate Canada technical meeting and team leader role:
- Be responsible for skaters, parents and coaches;
- Be responsible for the hospitality suite, skaters lounge;
- Help organize the medalists' evening at the Canadian Championships;
- Take care of correspondence during the competition.

* Details of responsibilities can be found in the accompanying guide.

9.8 Tasks for team leaders

The team leaders have different tasks to do according to their locations:

- The hotel;
- The arena;
- The hospitality suite, skaters lounge;
- Support during competitions;
- Support during drug tests of athletes.

* The details of the tasks can be found in the accompanying guide.

9.9 Team leader

He is a person who will create an inspiring team environment with a culture of open communication. The person will provide effective advice and will be able to supervise, manage and motivate team members on a daily basis. He is the point of contact for all members of Team Quebec.

Criteria:

- Have up-to-date criminal records;
- Be a member in good standing of Skate Canada;
- Have signed the Skate Canada Code of Ethics;
- Have Respect in Sport certification;
- Be 18 years old and older;
- Be a proactive and excellent communicator;
- Not to be a National level Official;
- Not being a coach, athlete or parent of an athlete from Team Quebec.

10. OTHER REFERENCE DOCUMENTS

This policy is enriched by the following documents:

- Athlete and Coach Guide;
- Team leaders guide.

11. APPLICATION AND RESPONSIBILITIES

The coordinator of Team Quebec and Events is responsible for the application of this policy. She is responsible for its publication to athletes, parents, team leaders and coaches. She is also responsible for setting up awareness and information on the various regulations related to this policy. Information and posters are available on the website and in the registration room of Team Quebec. Finally, the Branch is responsible for managing the handling of complaints and the retention or destruction of complaint files, all in collaboration with Team Quebec and Events Director.

12. COME INTO EFFECT

This policy for PATINAGE QUÉBEC comes into effect on September 1st, 2019. Although it may be amended in writing from time to time, it is subject to an annual review.

Annex 1

COMPLAINT FORM

I hereby file a complaint against:

Name (s) of the person subject of the complaint

Function or status

Events:

Date: _____

Time: _____

Place: _____

Is it the 1st event? Yes No

Frequency: _____

Date: _____

Most accurate description of the facts: _____

If space is insufficient, please complete on a sheet attached.

Given these events, I consider myself a victim of harassment.

Signature: _____

Date: _____

Annex 2

LEGAL PROCURATION OF PARENTS

To Patinage Québec,

I/We,

Full name (s) of the parent (s) of the person (s) giving the

Address:

Street, city

Province / state, country

Telephone and

Email address:

telephone

email address

I/we am\are the parent (s), the guardian (s), the authorized person (people) having the right of custody, the guardianship right, the parental right or the parental authority next athlete:

Name:

Full name of the athlete

Date and

Place of birth:

dd/mm/yy

city, province / state

I authorize / we authorize the athlete to travel with

Name and like to this

Person with the athlete: Full name of the guardian

relation to this person with the athlete

Telephone and

Email address:

telephone

email address

I / We authorize the athlete to proceed to / at the following locations:

Location (s):

Canadian Tire National Figure Skating Championships

From January 8 to 14, 2021

(Vancouver, British Columbia)

National Figure Skating Championships Pre-Novice and Novice

From March 15 to 21, 2021

(Alberta)

This document must be signed before a witness who has reached the age of majority

Signature (s) of the person (people)

Signature of the witness (es)

Signature of the person during the trip

Annex 3

CODE 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.