

**CALGARY SPARTANS TRACK AND FIELD CLUB
ATHLETE CODE OF CONDUCT**

- I respect the authority and knowledge of the coaches and will follow instructions during practice and meets.
- I will take my training seriously and am committed to perform at my best.
- I will plan to attend all practices. If I cannot be at practice I will advise my coach as soon as possible.
- I will be considerate of others when I am traveling with the Club to out-of-town meets. I will adhere to curfews as specified by the coaches.
- I will be appropriately dressed for meets including wearing a club uniform when I compete.
- I will respect my coaches, my fellow athletes, parents and officials. I will not use profanity or make derogatory comments about others.
- I will not consume alcohol or smoke at practices or meets. I will not consume illegal drugs.
- I will not challenge or protest the rulings of starters, judges or referees, but will bring all complaints or issues to the coaches for resolution.
- I understand that I am responsible for volunteering (or having someone volunteer on my behalf) for up to three track meets per year when requested by the club Volunteer Coordinator.
- If I am an Active Member I understand I must participate in fundraising. This obligation includes working approximately 10 to 12 bingos per year and volunteering at the casino (held once approximately every 18 months). (If athlete is under 18 years of age, the volunteer must be a parent or other adult age 18 or over.)
- I will conduct myself in a respectful manner as an athlete of the Calgary Spartans Track and Field Club.

If I am warned twice about breaches to the Code of Conduct, I will be asked to leave the club.

I have read the aforementioned Code of Conduct and, as an athlete of the Calgary Spartans Track and Field Club, will adhere to it.

Athlete signature

Date