



CODE OF CONDUCT POLICY

1.0 Purpose

The Rope Skipping Association of Nova Scotia, herein referred to as RSANS, seeks to ensure that all members are treated with respect, that all members have equal opportunity, and that discriminatory practices are prohibited. Under this policy, members are required to behave in a manner which upholds the values of RSANS and Rope Skipping Canada (RSC).

2.0 Applicability

This policy applies to all members of RSANS. It applies within Nova Scotia as well as to members participating in Rope Skipping activities elsewhere.

3.0 Principles

All members deserve to be treated with respect and will treat others with respect. Participants in any RSANS events must comply with this policy, regardless of whether or not they are a member of RSANS. This includes all individuals who attend as spectators, volunteers, or in any other capacity.

4.0 Requirements

All members and participants will maintain the dignity and respect of other members by:

1. Demonstrating respect for individuals regardless of gender, ethnic or racial origin, sexual orientation, age, marital status, religion, political belief, disability, or economic status.
2. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, judges, officials, organizers, and volunteers.
3. Consistently demonstrating the spirit of sportsmanship, sports leadership, and ethical conduct and practices.
4. Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory.
5. Interacting with others in a way that enables all individuals to maintain their dignity and respect.
6. Consistently treating individuals fairly and reasonably.
7. Ensuring adherence to competition rules of Rope Skipping and the spirit of these rules.
8. Respecting the property of others and not willfully causing loss or damage.
9. Abstaining from the non-medical use of drugs, the use of performance-enhancing drugs, or methods that will affect their experience or performance, or those of other members.
10. Refraining from any behaviour that constitutes harassment, where harassment is defined as comments or conduct directed towards an individual or group which is offensive, abusive, racist, sexist, degrading, or malicious.
11. Refraining from any behaviour that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual advances or conduct of a sexual nature, when submitting to or rejecting this conduct influences decisions which affect the individual, and where such conduct

has the purpose or effect of diminishing performance, or such conduct creates an intimidating, hostile or offensive environment

12. Members will refrain from the use of power or authority in an attempt to coerce another participant to engage in inappropriate activities.

Coaches, team managers, and anyone in a supervisory role or position of authority have additional responsibilities and must model appropriate behaviour at all times, including:

1. Ensuring a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of athletes, including educating athletes as to their responsibilities in contributing to a safe environment.
2. Preparing athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes.
3. Communicating and cooperating with medical professionals in the diagnosis, treatment and management of athletes' medical and psychological problems.
4. Educating athletes about the dangers of drugs and performance-enhancing substances and under no circumstances promote or condone their use.
5. Encouraging and facilitating athletes to be responsible and accountable for their own behaviour, performance, and decisions.
6. Giving athletes the opportunity to discuss, contribute to, and agree with proposed training and performance standards. Provide athletes and the parents/guardians of athletes who are minors with the information necessary to be involved in the decisions that affect the athlete.
7. At no time engaging in an intimate or sexual relationship with an athlete under the age of 18 years and at no time engaging in an intimate or sexual relationship with an athlete over the age of 18 if the coach is in a position of power, trust, or authority over the athlete.
8. Keeping confidential any information about athletes or others gained through coaching activities and believed to be considered confidential by those persons.
9. Acting in the best interest of the athlete's development as a whole person.

5.0 Compliance and Consequences

Conduct that violates this Code of Conduct may be subject to sanctions pursuant to RSANS policies related to discipline as outlined in the Disciplinary Policy.

RSANS member clubs will have programs in place to communicate this policy and ensure that it is adhered to within their club.

RSANS member clubs may take action to enforce this policy independently of RSANS. The Rope Skipping Association of Nova Scotia reserves the right to take action where and when appropriate, should a member's actions violate this policy.