



NCCH Code of Conduct and Waiver Form

Athlete's Code of Conduct

As a National Cycling Centre Hamilton (NCCH) as an Athlete, I promise to:

A) Practice good sportsmanship and conduct myself in a professional manner at all cycling and non-cycling events where I am representing NCCH. "Representing NCCH" is defined as any time you are participating in a NCCH program or event, wearing the team jersey or at any event where you are registered as athlete with NCCH member, regardless of whether you are wearing the team jersey or not, while you are at the event venue or on the course.

Unacceptable behaviour includes but is not limited to:

1. Physical abuse to any person while riding or at an event or training.
2. Use of foul language towards any person while riding or at an event or training.
3. Making obscene gestures directed to any persons while riding or at an event.
4. Malicious actions on the bike toward any person.
5. Use of foul language whilst training or racing, especially in the presence of minors.
6. Urinating in public, or in sight of other riders.

B) To not take any prohibited substances or performance enhancing substances.

C) I will be welcoming to all visitors and the public. I am not just an athlete of the National Cycling Centre of Hamilton , but also it's 'Ambassador'.

D) I will ensure that I notify coaches when I arrive and leave sessions, I understand that this is very important, as it informs the Coach about everyone being accounted for.

Parent's Code of Conduct

If children are to grow and develop in their sport or physical activity, an environment of positive communication and respect must exist. Parents must observe the following Code of Conduct with their child athletes, Centre staff and parents. The following code is inspired by the Canadian Centre for Ethics in Sport (CCES).

- I will remember that my child plays sports for his or her enjoyment, not for mine.
- I will not force my child to participate in sports.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will encourage and applaud good sportsmanship.
- I will set a good example by praising good performances.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
- I will remember that children learn best by example. I will applaud good players' performances by both my child's team and their opponents.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will support all efforts to remove verbal and physical abuse from children's sporting activities.
- I will never question the official's judgement or honesty in public.
- I will refrain from coaching athletes during or after races and training sessions unless I am an official team coach.
- I will respect the authority of the coaches, and refrain from questioning, challenging or confronting coaches at races and training sessions.
- I will respect and show appreciation for the Centre coaches who give their time to provide sport activities for my child, understanding that I have a responsibility to be a part of my child's development.
- If I am upset by something I will wait 24hrs before discussing the issue with the Team Head Coach and will do so in a private and constructive manner.
- When there is a concern, I will follow the designated chain of authority (Coach, Head Coach, Coaching Director, and President).
- I will not take part in any form of bullying, intimidation or harassment, whether that be to a parent, player, coach, referee or club representative. This type of activity, in any form, whether in person, print or electronically (any form of social media) will not be tolerated.

Centre Rules

- Ensure that your bike is clean & dry before bringing it into the Centre.
- If you are bringing your personal bike to an indoor session, clean the back tire with an appropriate cleaning agent before placing it on the trainer.
- Don't leave your personal bike at the Centre, take it home after each session.
- Please use the change rooms at all times. No changing in the Training Centre.
- Lock all bags, extra clothing & non-essential items in the change room locker.
- Always ensure that you & your training clothes are clean & freshly laundered. Always bring a towel.
- If you see litter or garbage on the floor, please pick it up and dispose of it.
- If you make a mess, clean it up.
- Upper body must always be covered, no bare chests.
- BE PUNCTUAL. Training sessions will start & end at the specified time.
- Return all equipment to its original place. Report any problems immediately.
- If there is a problem or mechanical issue or if you see that something is malfunctioning or broken, immediately report it to the person in charge of the session.

Session Schedule

All rides are required to arrive a minimum of 15 minutes prior to start of session.

Session Procedures

- It is part of the NCCH objectives to ensure that reasonable steps are taken to establish a safe environment where riders can enjoy developing their cycling skills. Parents and guardians are welcome to stay and watch the session but this is not compulsory.
- It is the rider's or if the rider is under age 18, the parent/guardian's responsibility to provide NCCH with updated personal contact and emergency information in a timely manner.
- All riders are expected to remain in the session from beginning to end, unless they have to leave early.
- If a young rider has to leave early, or is being collected by someone other than the parent /guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any riders who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- Please make a note of any medical conditions that you or in the case of a parent/guardian your child has or you feel the coach should know about. If you have any concerns about participating in any form of physical activity, please consult your Family Doctor before giving permission for your child to take part in the coaching sessions.

Athlete Pledge of Confidentiality

I, hereby commit to maintain professional and ethical standards to observe the strictest confidentiality at all times regarding information acquired by me through my involvement with the National Cycling Centre of Hamilton (NCCH). This extends to any agreements that I have.

I will at all times adhere to all Policies and Procedures.

Athlete Photo Release

I agree to have photos and/or videos taken of me by the NCCH staff, coaches and volunteers.

I understand that all or a portion of this footage/photographs may be used for the purpose of promoting, advertising or publicly sharing the programs, services and activities of the National Cycling Centre of Hamilton (NCCH). I understand that the footage/photographs are property of the NCCH and may be used within their media projects.

I agree to give permission, in perpetuity, to reproduce, copy, publish, or to otherwise use any footage/photographs derived therefrom, including screening throughout the world, without limitation to the internet, television or movie theatres.

I agree that I shall have no right to approval, no claim to additional compensations or benefit. The National Cycling Centre of Hamilton (NCCH) has the right to assign this release to any other party. This release shall be governed by the laws of Ontario and the Laws of Canada applicable therein. This release represents the entire agreement between parties.

Waiver, Release and Indemnity

I understand and agree that my participation in events, programs, races or activities organized, operated, conducted and/or sanctioned by the Cycling Canada and/or Provincial Associations and/or The National Cycling Centre of Hamilton (NCCH) and Members registered with Cycling Canada is conditional upon my execution of this document.

1. I am aware that cycling, and in particular competitive cycling, endurance and BMX racing, involves the possibility of injury or death.
2. I accept these risks, and all others arising from these events and programs, even if arising from the **negligence, gross negligence or negligent rescue** by those associated in any way with CCA/OCA/ NCCH events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").

3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.
4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.
5. I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against OCA, Cycling Canada, NCCH and all other Releasees from all liability for any personal loss, damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.
6. **I AGREE NOT TO SUE** and I further agree **TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or code of any type whatsoever arising from my participation in these events or programs.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement, I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnify the Releasees in the terms set out above.

I am aware that by signing this agreement, I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

BY SIGNING, I AGREE TO ALL THE TERMS AND CONDITIONS STATED ABOVE.

Athlete Name (PRINTED): Athlete Signature:

Parent Name (PRINTED): Parent Signature:

Date: Phone Number: E-mail: