



GB Athlete Agreement and Code of Conduct

Updated 10th August 2023

A breach of any part of this Athlete Agreement or Code of Conduct is sufficient grounds for an athlete or staff member to be withdrawn from the program or a specific event and to be sent home at his/her own expense at the Coaching Staff Discretion.

1. Athlete Agreement

1.1 GB Camp Attendance/Commitment

1.1.1 GB Camps will be made up of 2 on-ice and 1 off-ice session (3 sessions in total). Athletes shall attend 90% of all GB-related activities.

1.1.2 Athletes will communicate directly with the head coach at least 1 week before the event if they are unable to attend. Athletes will then communicate with any teammates who are reliant on them for rides/hotel sharing etc. to give them enough time to make alternate arrangements.

1.1.3 Athletes who are unable to play hockey because of injury or minor health issues will attend GB events. These athletes will be given support tasks by team staff to do during on-ice practices (from the bench if possible) and will be expected to participate in all activities within the limits of what they are able to do based on health status. These athletes will also inform the head coach 1 week before a given camp if they require health accommodations.

1.1.4 Athletes with major health issues will contact the head coach as soon as there is a concern/potential of needing to miss a GB session. They are expected to keep the coach updated on status changes and if they are unable to attend a camp and are beyond their 10% yearly allotted missed GB events, the coaches may request a note from their doctor.

1.2 On-Ice Athlete Expectations

1.2.1 Athletes will support their teammates.

1.2.2 Athletes will be able to rely on assistance and support from their team mates as needed.

1.2.3 Athletes will give 100% attention and effort.

1.2.4 Athletes will be on time to both change room meetings/warm-ups and will be ready to get on the ice promptly at the beginning of each ice session.

1.2.5 Athletes will be inclusive to all members of the team and serve as strong role models for both teammates and any potential observers.

1.2.6 Athletes will respect the ice-time and coaches time by getting on the ice in a prompt manor and skating in hard to the coaches when the whistle is blown.

1.2.7 Athletes will work to develop their understanding of the game.

1.2.8 Athletes will be respectful of their teammates, coaches/team staff, spectators, and officials during on-ice GB events, BPIHA Club events, and any other on-ice activities in which they are participating.

1.3 Off-Ice Athlete Training Expectations

1.3.1 Athletes will engage in at least 4 cardio sessions each week. This will increase to 6 sessions a week 3 months prior to an IPC sanctioned tournament.

1.3.2 Athletes will engage in at least 3 HIIT (High Intensity Interval Training) sessions each week. On-ice club training can count as one of these three weekly HIIT sessions.

1.3.3 Athletes will watch 1 Para Ice Hockey or Ice Hockey Games per week. A link to one game will be posted weekly to the team's private Facebook page and/or Slack/Spond channel.

1.3.4 Athletes will engage in off-ice stick handling sessions for 30 minutes per week.

1.3.5 Athletes will perform weekly equipment checks and request assistance from teammates first and staff if needed, to solve any issues that arise so that equipment is ready for the next ice session.

1.3.6 Athletes will deliberately take time to rest/recover and do any required rehabilitation or injury prevention-based work that is important for them. Athletes will reach out to coaching/medical staff to update on any ongoing/recurring injuries etc.

1.3.7 Athletes will be aware that visualization is another way to do off-ice training.

1.3.8 Athletes will be partnered up regularly with a training partner who they are responsible for checking in with at least once per week (in person, via phone, or video message or text/online message).

1.3.9 Athletes will be aware that drug testing does/can take place in Para Ice Hockey. It is the responsibility of individual athletes to:

- Report therapeutic use drugs to team staff,
- Support team staff to complete Therapeutic Use Exemption Forms (TUE's), and
- Make sure that they do not take anything not covered on their TUE forms that is listed on the WADA 'List of Prohibited Substances'.

NOTE: Athletes failing a formal drug test for banned or illegal substances will be removed from the National programme for life.

1.4 Team Cohesion

1.4.1 Athletes will be supportive of each other.

1.4.2 Athletes will make an active effort to keep in touch and communicate with each other and initiate/participate in team bonding based activities.

1.4.3 Athletes will actively ensure they are always being inclusive to all members of team GB.

1.5 Conduct/Behavior

1.5.1 Athletes acknowledge that all online behavior (social media etc.) needs to be respectful, appropriate, and portray the sport, the GB program, GB Team Staff, fellow athletes, and yourself in a positive light. Athletes should consider a separate Athlete Social Media profile for athlete / GB related posts.

1.5.2 Athletes acknowledge that their behavior/conduct is **always** a reflection of the GB Program. Athletes need to be always appropriate and respectful and special attention needs to be paid to not wearing GB logos etc. if participating in any activity that could be perceived in a negative light.

2. Athlete Agreement

- 2.1 Athletes are ambassadors of the GB Para Ice Hockey Program and shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, and consideration for others' physical and emotional wellbeing.
- 2.2 Athletes shall treat others with respect and expect to be treated with respect in return.
- 2.3 Athletes must uphold the standards of Fair play and exhibit a high level of sportsmanship and team spirit.
- 2.4 Athletes shall refrain from the use of insulting, harassing or otherwise offensive language.
- 2.5 Any Athlete committing an act, which is considered an offence under the law, will be dealt with by the appropriate authorities.
- 2.6 All athletes agree that:**
 - 2.6.1 Athletes shall not possess or use any illegal drugs, excluding prescribed medical drugs, which shall be registered using a TUE prior to events. The use of performance enhancing substances is banned.
 - 2.6.2 At tournaments, athletes will not possess or use alcohol in any form within the immediate area of an event, or competition site unless the Head Coach gives permission.
 - 2.6.3 Athletes will not drink to excess in public and will not supply alcohol to minors.
 - 2.6.4 Tobacco smoking, Vaping or using Chewing Tobacco for athletes is strongly discouraged and will only be allowed in designated smoking areas and not while using wearing GB branded clothing.
 - 2.6.5 Any willful damage to event venues or other property shall be assessed to the account of the athlete(s) involved.
 - 2.6.6 All team members must recognise that the Coaching Staff are responsible for the team and its actions, and they must adhere to guidelines set down by the Coaching Staff specific to specified events.

ISSUED: 10th August 2023