

## The Nepean Minor Hockey Association (NMHA) Code of Conduct

This Code of Conduct identifies the standard of behaviour that is expected of all NMHA members, including players, coaches, parents/guardians, spectators, volunteers and staff.

The purpose of this Code of Conduct is to ensure a safe and positive environment by instituting a Zero Tolerance Policy. NMHA is committed to providing a sport environment in which all individuals are treated with respect and dignity. All individuals will be aware that there is an expectation, always, of appropriate behaviour consistent with the values of NMHA. Conduct that violates this Code may be subject to disciplinary action enforced by the NMHA Discipline & Appeals Committee.

The NMHA is committed to providing and maintaining a safe minor hockey environment where all individuals are treated with respect and dignity. Appendix 'A' below states the guidelines for behaviour of Parents/Guardians, Players, Spectators, Coaches, On and Off-ice Officials and Administrators and forms part of this Code of Conduct.

All member of the NMHA have the individual responsibility to:

- a. Maintain and enhance the dignity and self-esteem of the NMHA members and other individuals by:
  - i. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, colour, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, political beliefs, disability, or economic status.
  - ii. Focusing comments or criticisms appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees, and members.
  - iii. Consistently demonstrating the spirit of sportsmanship, sport leadership and ethical conduct.
  - iv. Consistently treating individuals fairly and respectfully.
- b. Refrain from behaviour that constitutes harassment, where harassment is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals;
- c. Always comply with the bylaws, policies, regulations of NMHA, HEO and the Hockey Canada playing rules; and
- d. Members shall avoid behaviour that brings the NMHA or the sport of hockey into disrepute, including but not limited to abusive use of alcohol and non-medicinal use of drugs subject to the NMHA Substance Abuse Policy, or that endangers the safety of others.

NMHA members shall always adhere to [NMHA operational policies and procedures](#), to rules governing NMHA sanctioned activities and events and to rules governing any sanctioned activities and events in which the member participates on behalf of the NMHA.

Failure to adhere to this Code of Conduct may result in disciplinary action in accordance with the Discipline policy and guidelines of the NMHA. Penalties for violations to this Code of Conduct may include the member losing the privileges that come with membership in the NMHA, up to membership with the NMHA being revoked.

## **Appendix 'A' – NMHA Behaviour Guidelines**

### **Conduct Policy for Parents/Guardians and Spectators**

#### **Definition**

Parent or legal guardian of registered players.

#### **Goal Statement**

Any player participating in HEO sanctioned activities will be expected to adhere to Hockey Canada's Fair Play Code and the Conduct Policy for Players.

#### **Actions**

In addition to the responsibilities of this code of Conduct, parents will:

- Complete the Respect in Sport Parent Program as required by HEO policy based on the age group your child is participating in
- Refrain from behaviour that constitutes harassment, where harassment is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals.
- Support the game of hockey
- Encourage players and coaches to play by the rules and resolve conflict without resorting to hostility or violence
- Avoid spectator-imposed pressures to win
- Be supportive of players, teams, coaches, bench staff, opponents and officials
- Respect the decisions and judgements of officials and encourage players to do the same
- Refrain from negative communication with players, coaches, bench staff, timekeepers, officials, association or tournament administrators
- At no time should a parent go to the timekeeper's bench/ penalty box area or approach the players bench area. This includes during the warm-up, intermission and after the game.
- Display good sportsmanship. Always respect players, coaches, and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures that are offensive and will not be tolerated. Examples include:
  - Banging on the glass
  - Profanity
  - Excessive cheering
  - Making any comment towards a player

- Help provide a safe and fun environment; throwing any items on the ice surface is prohibited and can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the officials and coaches by trusting their judgment and integrity.
- Be responsible for your own safety -- be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches, and officials.
- Recognize good effort, teamwork and sportsmanship.
- Do not force your children to participate in sports but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it FUN!
- Encourage your child to play by the rules. Remember that children learn best by example, so applaud the good plays of both teams.
- Do not yell at players, coaches, or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit greatly.
- Should you wish to discuss practice or game related issues with your child's coach, you MUST wait 24 hours before doing so. Emotions can cause miscommunication and misunderstandings.
- Emphasize the importance of skill development and practices and how they benefit your young athlete.
- Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials by parents/guardians is not their responsibility and has no positive impact on the game. Leave these discussions to the coaching staff.
- Be gracious in victory and in defeat and enforce the positive points of the game. Never yell or verbally abuse your child after a game or practice -- it is destructive. Work toward removing physical and verbal abuse in youth sports.
- Recognize the importance of coaches. They are all volunteering their time to enhance your child's playing experience and are a crucial part of the development of your child and sports.
- If you enjoy the game, learn all you can about the game, and volunteer!

## **Conduct Policy for Players**

### **Definition**

Anyone registered as a player in the Hockey Canada Registry, including but not limited to participation in games, practices, and tournaments, is considered a player.

### **Goal Statement**

Any player participating in HEO sanctioned activities will be expected to adhere to Hockey Canada's Fair Play Code and the Conduct Policy for Players.

### **Actions**

In addition to the responsibilities of the Code of Conduct, players will:

- Follow Hockey Canada's Fair Play Code.
- Participate to the best of my abilities.
- Properly represent oneself and not attempt to enter a competition which one is not eligible. Participate for the love and enjoyment of the game.
- Respect the efforts and accomplishments of your teammates and opponents.
- Respect officials, coaches, spectators, and administrators.
- Respect that facility you visit or in which you play.
- Respect the rules of the game.
- Refrain from behaviour that constitutes harassment, where harassment is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals.
- Always comply with the bylaws, policies, regulations of NMHA, HEO and Hockey Canada including the Hockey Canada playing rules.
- Work hard to improve your skills on and off ice.
- Learn/promote teamwork, sportsmanship and discipline.
- Avoid behaviours which bring NMHA or the sport of hockey into disrepute including but not limited to the abusive use of alcohol or non-medical use of drugs.

## Conduct Policy for Coaches

### Definition

Anyone who is registered in the Hockey Canada registry to a team as a Head Coach, Assistant Coach, Instructor, on Ice Helper or on ice Volunteer.

### Goal Statement

Any coach participating in HEO sanctioned activity will be expected to adhere to Hockey Canada's Fair Play Code and the Conduct Policy for Coaches.

Coaches within NMHA will:

- Be a Leader, a positive influence and a role model.
- Obtain the proper training and continue to upgrade my coaching skills.
- Reward effort, Fair Play and commitment.
- Recognize and respect differences in your players.
- Demonstrate respect for all individuals involved in the game.
- Always consider the physical and emotional well-being of the athletes.
- Communicate in a positive and rational manner and use inoffensive language.
- Respect and coach within the spirit of the game.
- Always attempt to contribute to the betterment of the game of hockey.
- Refrain from behaviour that constitutes harassment, where harassment is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals.
- Always comply with the bylaws, policies, regulations of NMHA, HEO and Hockey Canada including the Hockey Canada playing rules.
- Avoid behaviours which bring HEO or the sport of hockey into disrepute including but not limited to the abusive use of alcohol or non-medical use of drugs.
- Understand that winning is a consideration, but neither the only one nor the most important one. Care more about the child than winning the game. Remember players are involved in hockey for fun and enjoyment.
- Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; **it is never acceptable to yell at players under any circumstance.**
- Profanity as a means of motivation or communication is an unacceptable choice of vocabulary and can be interpreted as a failed measure by the player, potentially leading to a means of decreased confidence.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- Organize practices that are fun and challenging for players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all players to be team players.

- Maintain an open line of communication with your players' parents. Explain the goals and objectives of the association.
- Be concerned with the overall development of the players. Stress healthy habits and promote physical fitness.
- To play the game is great; to love the game is greater.

## **Actions**

In addition to the responsibilities of the NMHA Code of Conduct, Coaches have added accountability. The coach-player relationship is a privileged one. It plays a critical role in the personal, sport and athletic development of the players and coaches must not abuse this relationship.

## **Conduct Policy for Directors, League/District/Association Executives, and Staff,**

### **Definition**

It is a requirement of all minor and junior member teams, leagues, districts and associations, within HEO to assume responsibility for the conduct of athletes, coaches, officials, and spectators under their jurisdiction.

### **Goal Statement**

Any member team, league, district or association, within HEO will be expected to adhere to Hockey Canada's Fair Play Code and this Code of Conduct Policy.

### **Actions**

In addition to the responsibilities of the NMHA Code of Conduct, members of NMHA will:

- Follow and comply with all NMHA, HEO and Hockey Canada bylaws, policies, regulations and procedures to ensure that the philosophy and objectives of these organizations are promoted. This includes the ice time provisions for each program and the codes of conduct for other participants.
- Refrain from negative communications with or against any other member
- Support the game of hockey
- Ensure that all players, coaches, bench staff and officials participating in sanctioned activities are registered in good standing with HEO.
- Be supportive of the players, team, coach, opponents, and officials.
- Maintain a supportive, constructive environment for all participants.
- Be a Leader, positive influence, and a role model.
- Refrain from behaviour that constitutes harassment, where harassment is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals.
- Avoid behaviours which bring NMHA or the sport of hockey into disrepute including but not limited to the abusive use of alcohol or non-medical use of drugs.
- Work with on-ice officials, coaches, parents/guardians, and other administrators to provide a positive and safe experience for all participants.
- Support programs that train and educate players, coaches, parents/guardians, officials and volunteers.
- Promote and publicize your programs.
- Communicate with parents by attending parent/player orientation meetings and/or by being available to answer questions and address problems throughout the season.
- Treat all players, coaches and other volunteers with fairness, to promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Perform your duties impartially, in furtherance of the aims of the NMHA. Do not use your position or influence to further purely personal objectives.

**Hockey Canada Fair Play Code**



# Fair Play Code

## for players

- 1) I will play hockey because I want to, not just because others or coaches want me to.
- 2) I will play by the rules of hockey and in the spirit of the game.
- 3) I will control my temper - fighting and "mouthing off" can spoil the activity for everybody.
- 4) I will respect my opponents.
- 5) I will do my best to be a true team player.
- 6) I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
- 7) I will acknowledge all good plays and performances - those of my team and of my opponents.
- 8) I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

FAIR PLAY IS EVERYONE'S CALL

# Fair Play Code

## for parents

- 1) I will not force my child to participate in hockey.
- 2) I will remember that my child plays hockey for his or her enjoyment, not for mine.
- 3) I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- 4) 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.
- 5) I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- 6) I will never ridicule or yell at my child for making a mistake or losing a game.
- 7) I will remember that children learn best by example.
- 8) I will applaud good plays/performances by both my child's team and their opponents.
- 9) I will never question the officials' judgement or honesty in public.
- 10) I will support all efforts to remove verbal and physical abuse from children's hockey games.
- 11) I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.

**FAIR PLAY IS EVERYONE'S CALL**

# Fair Play Code

## for spectators

- 1) I will remember that participants play hockey for their enjoyment. They are not playing to entertain me.
- 2) I will not have unrealistic expectations. I will remember that players are not professionals and cannot be judged by professional standards.
- 3) I will respect the officials' decisions and I will encourage participants to do the same.
- 4) I will never ridicule a player for making a mistake during a game.
- 5) I will give positive comments that motivate and encourage continued effort.
- 6) I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
- 7) I will show respect for my team's opponents, because without them there would be no game.
- 8) I will not use bad language, nor will I harass players, coaches, officials or other spectators.

FAIR PLAY IS EVERYONE'S CALL

# Fair Play Code

## for coaches

- 1) I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- 2) I will teach my players to play fairly and to respect the rules, officials and opponents.
- 3) I will ensure that all players get equal instruction, support and playing time.
- 4) I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- 5) I will ensure that equipment and facilities are safe and match the players' ages and abilities.
- 6) I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- 7) I will obtain proper training and continue to upgrade my coaching skills.
- 8) I will work in cooperation with officials for the benefit of the game.

FAIR PLAY IS EVERYONE'S CALL

# Fair Play Code

## for league organizers

- 1) I will do my best to see that all players are given the same chance to participate, regardless of gender, ability, ethnic background or race.
- 2) I will absolutely discourage any sport program from becoming primarily entertainment for the spectator.
- 3) I will make sure that all equipment and facilities are safe and match the athletes' ages and abilities.
- 4) I will make sure that the age and maturity level of the participants are considered in program development, rule enforcement and scheduling.
- 5) I will remember that play is done for its own sake and make sure that winning is kept in proper perspective.
- 6) I will distribute the Fair Play codes to spectators, coaches, athletes, officials, parents and media.
- 7) I will ensure that coaches and officials are capable of promoting fair play as well as the development of good technical skills and I will encourage them to become certified.

FAIR PLAY IS EVERYONE'S CALL