



Member Code of Conduct

Definitions

1. The following terms have these meanings in this Code:
 - a. “*Member*” – All categories of membership defined in Pentathlon Canada’s *Constitution and Bylaws*, as well as all individuals employed by, or engaged in activities with, Pentathlon Canada including, but not limited to, athletes, coaches, officials, volunteers, managers, administrators, directors and officers of Pentathlon Canada, and parents/guardians of athletes.
 - b. “*Position of Trust*” – a job or position in which one individual may exercise power or authority over another individual, such as a team manager or coach.
 - c. “*Vulnerable Individual*” – a person under the age of 18 years old and/or a person who, because of age, disability or other circumstance, is in a position of dependence on others or is otherwise at a greater risk than the general population of being harmed.

Purpose

2. The purpose of this Code is to ensure a safe and positive environment (within Pentathlon Canada programs, activities, and events) by making Members aware that there is an expectation, at all times, of appropriate behavior and that there are repercussions for inappropriate or illegal behavior.
3. Conduct that violates this Code may be subject to sanctions pursuant to Pentathlon Canada’s *Discipline and Complaints Policy*.

Reporting

4. Conduct that is legally required to be disclosed to law enforcement, including, but not limited to, suspected cases of child abuse or neglect, will be referred immediately upon knowledge to local law enforcement. Additionally, members may be temporarily suspended pending the outcome of the matter.

Application of this Code

5. This Code applies to Members’ conduct during Pentathlon Canada business, activities, and events including, but not limited to, competitions, practices, training camps, travel associated with Pentathlon Canada activities, and any meetings.
6. This Code also applies to Members’ conduct outside of Pentathlon Canada’s business, activities, and events when such conduct adversely affects relationships within Pentathlon Canada (and its work and sport environment) or is detrimental to the image and reputation of Pentathlon Canada. Such applicability will be determined by Pentathlon Canada at its sole discretion.
7. All current and prospective Members of Pentathlon Canada may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time without probation, fined or expelled from Pentathlon Canada, if their conduct is not held to the standard described in this Code of Conduct.
8. Any athlete displaying unacceptable behaviour at a competition may be prohibited from finishing the competition, and can be sent home immediately at his/her expense. Any funding for this event will be rescinded. Any athlete guilty of one or more infraction may be barred from further competition for 12 months. An appeal may be made Pentathlon Canada’s *Appeals Policy*. The appeal will be ruled on by the committee within 7 days.

Responsibilities

9. Members have a responsibility to:
 - a. Comply with Pentathlon Canada’s *Bylaws*, and *Policies and Procedures*.
 - b. Maintain and enhance the dignity and self-esteem of Pentathlon Canada 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, religious belief, political belief, disability, or economic status
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees, or members
 - iii. Consistently demonstrating the spirit of sportsmanship, sport leadership, and ethical conduct
 - iv. Acting, when appropriate, to correct or prevent practices that are unjustly discriminatory
 - v. Consistently treating individuals fairly and reasonably
 - vi. Ensuring adherence to the rules of pentathlon and the spirit of those rules
 - c. When interacting with vulnerable individuals, or with individuals with whom there is a recognized power of authority or trust that exists, the individual in the Position of Trust is required to enact practical approaches to these interactions. These include, but are not limited to:
 - i. Limiting physical interactions to non-threatening or non-sexual touching (i.e. High-fives, pats on the back or shoulder, handshakes, specific skill instruction, etc.).
 - ii. Ensuring the vulnerable individuals are always supervised by more than one adult
 - iii. Ensuring that more than one person is responsible for team selection (thereby limiting the consolidation of power onto one individual).
 - iv. Including parents/guardian in communication
 - v. Ensuring that parents/guardians are aware that some non-personal communication between individuals and vulnerable individuals (e.g. coaches and athletes) may take place electronically (e.g. texting) and that this type of communication is now considered to be commonplace, especially with other older vulnerable individuals (e.g. teenagers). Note that such communication is subject to this Code of Conduct and Pentathlon Canada's *Social Media Policy*.
 - vi. Ensure transportation of vulnerable individuals is with others present.
 - vii. Ensure accommodations of vulnerable individuals are not shared unless there is additional adult supervision or others present.
 - d. Refrain from any behavior that constitutes abuse. Abuse refers to violence, mistreatment or neglect one may experience while in the care of someone they depend on or trust. Types of behavior that constitute abuse include, but are not limited to:
 - i. Physical abuse including beating, hitting, shaking, pushing, choking, biting, burning, kicking or assaulting an individual with a weapon. It also includes holding an individual under water, or any other dangerous or harmful use of force or restraint.
 - ii. Sexual abuse including fondling, inviting an individual to touch or be touched sexually, intercourse, sexual assault, incest, sodomy, exhibitionism, or involving a child in prostitution or pornography.
 - iii. Neglect including failing to provide for an individual's physical, psychological or emotional development and well-being.
 - iv. Emotional or Psychological injury or abuse including aggressive verbal threats, social isolation, intimidation, exploitation, or routinely making unreasonable demands. It also includes exposing an individual to violence.
10. Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. Types of behavior that constitute harassment include, but are not limited to:
 - a. Written or verbal abuse, threats, or outbursts.
 - b. The display of visual material which is offensive or which one ought to know is offensive in the circumstances.
 - c. Unwelcome remarks, jokes, comments, innuendos, or taunts.
 - d. Leering or other suggestive or obscene gestures.
 - e. Condescending or patronizing behaviour which is intended to undermine self-esteem, diminish performance or adversely affect working conditions.

- f. Practical jokes which cause awkwardness or embarrassment, endanger a person's safety, or negatively affect performance.
 - g. Any form of hazing defined as any potentially or actual humiliating, degrading, abusive, or dangerous activity expected of an athlete by a more senior individual, which does not contribute to any positive development, but is required to be accepted as part of a team, regardless of the athlete's willingness to participate. This includes, but is not limited to, any activity, no matter how traditional or seemingly benign, that sets apart or alienates any teammate based on class, number of years on the team, or athletic ability.
 - h. Behaviours such as those described above that are not directed towards a specific individual or group but have the same effect of creating a negative or hostile environment.
 - i. Retaliation or threats of retaliation against an individual who reports harassment to Pentathlon Canada.
11. Refrain from any behaviour that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favours, or conduct of a sexual nature. Types of behaviour that constitute sexual harassment include, but are not limited to:
 - a. Sexist jokes.
 - b. Display of sexually offensive material.
 - c. Sexually degrading words used to describe a person.
 - d. Inquiries or comments about a person's sex life.
 - e. Unwelcome sexual flirtations, advances, or propositions.
 - f. Unwanted contact.
12. Refrain from any behavior that constitutes violence, where violence is defined as the exercise of physical force by a person that causes or could cause physical injury; an attempt to exercise physical force against an individual that could cause physical injury to the individual; or a statement or behavior that an individual may reasonably interpret as a threat to exercise physical force against the individual. Types of violent activities include, but are not limited to:
 - a. Verbal threats to attack.
 - b. Sending or leaving threatening notes or electronic communication.
 - c. Making threatening physical gestures.
 - d. Wielding a weapon.
 - e. Hitting, pinching or unwanted touching which is not accidental.
 - f. Throwing an object.
 - g. Blocking normal movement or physical interference with or without the use of equipment.
 - h. Sexual violence.
 - i. Any attempt to engage in the type of conduct outlined above.
13. Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, Pentathlon Canada adopts and adheres to the Canadian Anti-Doping Program. Any infraction under this Program shall be considered an infraction of this Code and shall be subject to disciplinary action, and possible sanction, pursuant to Pentathlon Canada's *Discipline and Complaints Policy*. Pentathlon Canada will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by Pentathlon Canada or any other sport organization.
14. Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision of the sport of swimming, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES).
15. Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities.
16. In the case of adults, avoid consuming legal intoxicants in situations where minors are present and take reasonable steps to manage the responsible consumption of legal intoxicants in adult-oriented social situations associated with Pentathlon Canada events.
17. Respect the property of others and not willfully cause damage.
18. Adhere to all federal, provincial, municipal and host country laws.

Board/Committee Members and Staff

19. In addition to section 10 (above), Pentathlon Canada's Board Members, Committee Members, and Staff will have additional responsibilities to:
- a. Conduct themselves professionally, lawfully and in good faith in the best interests of Pentathlon Canada.
 - b. Ensure that Pentathlon Canada's financial affairs are conducted in a responsible manner with due regard for all fiduciary responsibilities.
 - c. Be independent and impartial and not be influenced by self-interest, outside pressure, expectation of reward, or fear of criticism.
 - d. Behave with decorum appropriate to both circumstance and position and be fair, equitable, considerate, and honest in all dealings with others.
 - e. Exercise the degree of care, diligence, and skill required in the performance of their duties pursuant to the laws under which Pentathlon Canada is incorporated.
 - f. Respect the confidentiality appropriate to issues of a sensitive nature.
 - g. Ensure that all Members are given sufficient opportunity to express opinions, and that all opinions are given due consideration and weight.
 - h. Respect the decisions of the majority.
 - i. Commit the time to attend meetings and be diligent in preparation for, and participation in, discussions at such meetings.
 - j. Have a thorough knowledge and understanding of all Pentathlon Canada governance documents.
 - k. Conform to the bylaws and policies approved by Pentathlon Canada.

Coaches

20. In addition to section 10 (above), coaches have many additional responsibilities. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:
- a. Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the involved athletes.
 - b. Avoid compromising the present and future health of athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment, and management of athletes' medical and psychological
 - c. Support the coaching staff of a training camp, provincial team, or national team; should an athlete qualify for participation with one of these programs.
 - d. Provide athletes (and the parents/guardians of minor athletes) with the information necessary to be involved in the decisions that affect the athlete.
 - e. Act in the best interest of the athlete's development as a whole person.
21. Respect other coaches and, should an athlete desire to change coaches, support and cooperate with the other coach in the exchange of information.
22. Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by Pentathlon Canada's screening standards.
23. Report any ongoing criminal investigation, conviction, or existing bail conditions.
24. Under no circumstances provide, promote, or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcohol and/or tobacco.
25. Respect other athletes and, in dealings with them, not encroach upon topics or actions which are deemed to be within the realm of 'coaching', unless after solicited by the athlete or first receiving approval from the coaches who are responsible for the athletes.
26. Not engage in a sexual relationship with an athlete under 18 years old, or an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust, or authority over the athlete.
27. Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. Coaches need to establish and follow procedures for confidentiality (right to privacy), informed

participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights.

28. Dress professionally, neatly, and appropriately.
29. Use appropriate language, taking into account the audience being addressed.

Athletes

30. In addition to section 10 (above), athletes will have additional responsibilities to:
 - a. Report any medical problems in a timely fashion, when such problems may limit their ability to travel, train, or compete.
 - b. Participate and appear on-time, well-nourished, and prepared to participate to their best abilities in all competitions, practices, training sessions, events, activities, or projects.
 - c. Properly represent themselves and not attempt to enter a competition for which they are not eligible by reason of age, classification, or other reason.
 - d. Adhere to Pentathlon Canada's rules and requirements regarding clothing and equipment.
 - e. Never ridicule a participant for a poor performance or practice.
 - f. Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other athletes, officials, coaches, or spectators.
 - g. Dress in a manner representative of Pentathlon Canada; focusing on neatness, cleanliness, and discretion. Designated official clothing, if applicable, must be worn when traveling and competing.
 - h. Act in accordance with Pentathlon Canada's *Policies and Procedures* and, when applicable, additional rules as outlined by coaches or chaperones.

Officials

31. In addition to section 10 (above), officials will have additional responsibilities to:
 - a. Maintain and update their knowledge of the rules and rules changes.
 - b. Work within the boundaries of their position's description while supporting the work of other officials.
 - c. Act as an ambassador of Pentathlon Canada by agreeing to enforce and abide by Swimming Canada and Pentathlon Canada rules and regulations.
 - d. Respect the rights, dignity, and worth of all individuals.
 - e. Conduct themselves openly, professionally, lawfully, and in good faith in the best interests of Pentathlon Canada.
 - f. Be fair, equitable, considerate, independent, honest, and impartial in all dealings with others.
 - g. Respect the confidentiality required by issues of a sensitive nature, which may include disqualifications, discipline processes, appeals, and specific information or data about Members.
 - h. Promote a team spirit by respecting people's differences, valuing diversity of opinion, and working with others to achieve the best decisions for athletes in competitions.
 - i. Dress in proper attire for officiating.

Parents/Guardians

32. In addition to section 10 (above), parents/guardians of athletes at events will have additional responsibilities to:
 - a. Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence.
 - b. Never ridicule an athlete for a poor performance or practice.
 - c. Provide positive comments that motivate and encourage athletes' continued effort.
 - d. Respect the decisions and judgments of officials and encourage athletes to do the same.



- e. Respect and show appreciation to all competitors and to the coaches, officials, and other volunteers who give their time to the sport.
- f. Keep off the competition area and not interfere with events or calls.

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