

CODE OF CONDUCT

Below is the Code of Conduct for SM Cheer & Dance. It is a requirement that all athletes and families part of our program adhere to it at all times.

- ❖ Membership at SM Cheer & Dance is not a right. It is a privilege.
- ❖ Athletes & parents must be aware of the responsibilities required and the commitment they are making to their team. Failure to maintain these commitments could constitute grounds for dismissal of an individual athlete or family.
- ❖ Athletes must be willing to cooperate and be helpful to the coach or any person in charge.
- ❖ Each athlete must realize the manner in which they conduct themselves while representing SM Cheer & Dance directly reflects on the entire program.
- ❖ Athletes must be willing to work hard, take directions, and strive for excellence.
- ❖ Athletes will set and maintain the highest examples of behaviour.
- ❖ Athletes will maintain the proper appearance with no extremes in apparel, hair, make-up, piercing or tattoos.
- ❖ Athletes will come prepared to all activities (proper attire, hair, etc.)
- ❖ Athletes will do everything in their power to achieve personal and team goals.
- ❖ Continuous failure to be productive at practice is grounds for disciplinary action or dismissal.
- ❖ When absent, the athlete and parent are responsible for finding out any missed information.
- ❖ All practices are mandatory.
- ❖ Athletes must be on time to practice and all events. Continuous tardiness and or absences will be grounds for disciplinary action or dismissal.
- ❖ Athletes who are injured or are not feeling well should still attend practice (within reason). Sick or injured athletes will not be required to participate but will watch for any changes that directly affect them.
- ❖ If an athlete is too ill to attend practice (contagious, fever, throwing up) the coach should be notified where possible in advance of practice.
- ❖ Proper conduct is expected at all time from parents, athletes, coaches and staff. Profanity and disrespect will not be tolerated.
- ❖ Parents are not to disturb athletes or staff during training time.
- ❖ Parents are welcome to meet with their coach at the end of practices or by appointment.
- ❖ Athletes should take a positive approach to nutrition and other health related matters.
- ❖ Athletes must avoid banned or illegal drugs and alcohol.
- ❖ Athletes taking any prescribed medication are encouraged to inform their coach.
- ❖ Smoking is not permitted inside SM Cheer & Dance, within SM's property boundaries, while representing SM at an event, or while wearing SM apparel in the community. This includes cigarettes, e-cigarettes, and vaping.
- ❖ Drugs and alcohol are strictly prohibited. Any athlete contravening this may be immediately removed from their team and the gym. Anyone appearing to be "under the influence" will be immediately dismissed from the gym.
- ❖ Athletes must maintain academic success as part of their lifestyle and should not let academic challenges impact their commitment to their team.
- ❖ All members have a responsibility to avoid behaviour which negatively affects learning, performance or the safety of self or others.
- ❖ Abusive behaviour, lying, or any negative form of behaviour is ground for dismissal.

- ❖ Any negative behaviour towards SM Cheer & Dance, including its members and staff, or to any other gym or team via any medium (Facebook, Twitter, Instagram, Snap Chat, other chat boards, or any other forms of social media) may result in dismissal from the program. In addition, athletes shall not post any compromising photos of themselves, other athletes, or coaches on any internet sites or social media.
- ❖ Competition commitments include those activities prior, during and following the actual competition, which all athletes are required to attend.
- ❖ Jeopardizing the safety of oneself or any other member is grounds for disciplinary action or dismissal.
- ❖ All earrings and body piercings / jewellery MUST be taken out for practices and competitions. Taping of piercings is only allowed in the months of December, January, and February. Keep this in mind when getting a new piercing.
- ❖ Athletes may not stunt or tumble when coaches are not present
- ❖ Conflicts should be addressed with management privately in the office.

