



231 Mount Pellier
Frederiksted, VI 00840
(340)422-1123
(340) 277-1123

Email: stcroixtrackclub@gmail.com
Website: stcroixtrackclub.com

Athlete's Code of Conduct

This Code of Conduct is applicable for: All athletes of STXTC (St. Croix Track Club), their parents, All employees/coaches, supporters, etc. of STXTC. The coaches and pertinent captains will deliberate and investigate incidents in order to make a decision concerning each situation. Repeat offenders may be expelled from the team as a last resort.

Trustworthiness

The principles of ethics and sportsmanship require coaches and athletes to always behave in ways that justify and generate trust. This includes demonstrating scrupulous integrity and honesty, keeping promises, and being loyal. Honour the Letter and Spirit of Rules Never Cheat. Cheating is defined as deliberately violating the rules or traditions of a game to gain an unfair advantage.

1. Maintain and enhance the dignity and self-esteem of Registrants and participants of the (STXTC) by:
 - Showing respect to all individuals regardless of gender, ethnic or racial origin, sexual orientation, age, marital status, religion, political belief, disability or economic status.
Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, managers, volunteers, staff, spectators, Registrants, and families of Registrants.
 - Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct and practices.
 - Ensuring that the rules of the sport, and the spirit of such rules are adhered to.
2. Ensure that every athlete, coach or official, abstains from the use of drugs, alcohol and tobacco while participating at the STXTC's competitive events and trainings.
3. Avoid any gossip/slander of teammates or anyone involved in Track & Field. Gossip is defined as Rumor or talk or write of a personal, sensational, or intimate nature. Take all concerns directly to the Head Coach, Assistant Coach, Team Captain, or parent.
4. Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.
5. Refrain from any behavior which 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.
6. Refrain from any behavior which constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual advances or conduct of a sexual nature when submitting to or rejecting this conduct influences decisions which affect the individual, such conduct has the purpose or effect of diminishing performance or such conduct creates intimidating, hostile or offensive environment.
7. Comply at all times with the Constitution, policies, rules and regulations of the STXTC, as adopted and amended from time to time, including complying with any contracts or agreements executed with the STXTC.

ATHLETES

Athletes are the most important people in our sport. Representing the Virgin Islands on a national team is a unique honor and distinction. Athletes compete to win but in the Olympic Movement, winning, while being most important, must not be attained at all cost. Fair Play, good sportsmanship, and respect for all others involved in competition is also fundamentally important.

Obligations during trainings/training camps:

1. Respect other athletes and Coaches by keeping the basic rules of trainings:
 - a. Be on time

- b. Properly dressed
- c. Mentally ready
- d. Adhere to your coaches' guidance; if you have any concerns, discuss them with your coaches. However, deliberately skipping training or encouraging others to do so is not acceptable. Keep training safety rules to ensure that all athletes arrive home without injury
- e. Support youngsters/ones in need during training to respect their efforts and show examples

Obligations regarding Competition --- An athlete should:

- 1. Make every effort to develop his/her own sporting abilities, in terms of skill, technique, tactics and stamina in preparation for participation in the activities for which he/she has been selected.
- 2. Give maximum effort and strive always to achieve the best possible performance.
- 3. Set a positive example for others, particularly young Registrants of the representative team.
- 4. Avoid all forms of time wasting.
- 5. Always have regard to the best interests of the team.
- 6. Not to use inappropriate language.
- 7. Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to train or compete.
- 8. Adhere to the STXTC's requirements regarding clothing and equipment.

Obligations towards the team --- An athlete should:

- 1. Make every effort to conduct oneself during competition in a manner consistent with Fair Play, Good Sportsmanship, and the Rules governing the competition.
- 2. Resist any influence that might, or might be seen to, bring into question his/her commitment to the team.

Respect for the Rules of the competition - An athlete should:

- 1. Know and abide by the Laws, rules and spirit of the sport and the competition rules.
- 2. Accept success and failure, victory and defeat, equally.
- 3. Resist any temptation to take banned substances or use prohibited techniques.

Respect towards other competitors - An athlete should:

- 1. Treat other competitors with due respect at all times, irrespective of the result of the competition.
- 2. Safeguard the well-being of others, avoid violence and help injured athletes.

Respect towards Competition/Technical Officials - An athlete should:

- 1. Accept the decisions of the Official without protest unless directed to compete under protest coach
- 2. Avoid words or actions, which may mislead an Official.
- 3. Show due respect towards Officials.
- 4. Follow due process when reporting/protesting on Officials involving Head Coach.

Respect towards Team Officials - An athlete should:

- 1. Abide by the instructions of the Coach and Team Officials, provided they do not contradict the spirit of this Code.
- 2. Show due respect towards the Officials of other competing teams.

Obligations towards spectators - An athlete should:

- 1. Show due respect to all spectators during competition.
- 2. Seek to perform in a manner that would facilitate support from spectators
- 3. Not engage in any activity aimed at engendering confrontation with spectators.

Obligations towards self- An athlete should:

- 1. Show due respect to all school personnel.
- 2. Show due respect toward adults in our community
- 3. Abstain from verbal and/or physical altercations.

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Athlete's/Signature

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Date

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Athlete's/Signature

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Date