

KE Competitive Athlete Code of Conduct

It is very important that participants and their families understand these policies prior to committing to Kingston Elite's program.

General Conduct

1. Participants must conduct themselves in a manner that reflects positively on themselves, their family, and the KE gym.
2. I have read and understand the KE Competitive Program Manual (most recent edition).
3. There will be no smoking, vaping, consumption of alcohol, or use of illicit drugs while representing Kingston Elite.
4. All members of KE, including athletes, parents, and staff are expected to treat others with dignity and respect. Any action that jeopardizes the safety of oneself or others will not be tolerated. This includes but is not limited to, abusive behavior, harassment, bullying (online or in person), falsifying information, etc. Disciplinary action up to and including removal from the program will result.

Parental Behaviour

1. As a KE parent I will refrain from any negative conversations about other athletes, parents, coaches or competitors.
2. If there is an issue or concern, I understand it is my responsibility to bring it to my athlete's head coach.
3. Competitions are an opportunity for my athlete to showcase their hard work and I will ensure they are well rested, so they have the greatest chance for success. Over consumption of alcohol by parents at the competition/at their accommodations is not acceptable.
4. I understand that any negative behaviour as a KE parent may jeopardize my athlete's position at KE.

Financial

1. Each family will provide their Visa, Mastercard, or pre-authorized debit account info to be kept safely on file with KE. This will be utilized for all fees that come due.
2. A failed payment fee of \$30 will apply when a scheduled payment fails or is returned.
3. I am aware of the payment policies as outlined in the KE Competitive Program Manual, particularly the fee structure and the refund policies.
4. Cancellations/changes must be requested in writing via email info@kingstonelitecheer.com.
5. Clothing or tuck shop items that I purchase will be charged on the day of purchase or as indicated on the order form.

Training in the Gym:

1. Athletes are to arrive no earlier than 15 minutes prior to start-time.
2. Outdoor shoes will be removed and placed on the shoe racks in the lobby prior to entering the changerooms.

3. Parents must report absences to their child's coach. Competitive program members are to contact their head coach directly. Recreational program members are to send an email to info@kingstonelitecheer.com. Unexpected changes to arrival time must be called in to 343-580-8422.
4. **Athletes may be required to bring their own personal/training items to the gym.** In such circumstances, a list will be provided to the membership.
5. **KE is a scent-free and nut-free space. It is critical to follow this rule due to the medical danger it causes some of our participants.**
6. No gum, candy, food or drinks (except water) inside the training area of the gym. Water bottles must be unbreakable, have a tight-sealing cap, and labeled with athlete name.
7. No athlete may use or touch any equipment unless an instructor is present and has instructed to do so.
8. It is encouraged that athletes attend each session so that they do not fall behind in training and are both physically and mentally prepared for practice.
9. Cell phones must be silenced and put away during training.
10. Everyone entering KE must follow hygiene guidelines as per KFL&A Public Health (including, but not limited to hand-washing, covering sneezes, etc.)
11. Athletes will respect masking and distancing rules as required by KE Gym and KFL&A Public Health.
12. Training will be done under close supervision of a coach, however athletes must be disciplined and motivated to take instruction from coaches and follow all safety rules.
13. Athletes must wash their hands with soap and water for at least 20 seconds before entering the training area and whenever using the washroom facilities.

Pick-up Policy

1. Parents are to arrive a few minutes prior to dismissal then wait outside, or in their vehicle, for their child(ren) to exit. Please ensure that your child is picked up within 15 minutes after dismissal.

Illness/Injury

1. Injured and/or ill athletes must inform their coach immediately if it will affect their participation.

Dress Code

1. Athletes are encouraged to arrive in their training attire and follow the club's dress code: **KE tops and bottoms.** One set of these items are included with athlete membership fees.
2. Athletes will remove jewelry prior to entering the gym. Preferably, leave these at home.

Social Media

1. Posting of inappropriate content on the internet will be dealt with by an appropriate disciplinary action.

Communication Policies

1. By signing this form, you are giving Kingston Elite your permission to use your image in promotional items such as the website, posters, videos, etc.
2. KE communicates with its members most frequently by E-mail. I give permission for KE to send me email updates to each of the addresses I provided on the athlete info form.